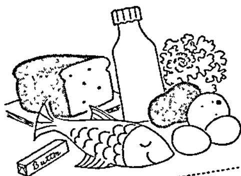
HOW TO REDUCE SURELY AND SAFEL

BY HERBERT POLLACK, M.D.
WITH
ARTHUR D. MORSE



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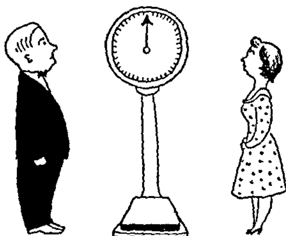
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CONTENTS

HOW TO REDUCE SURELY AND SAFELY



1. You Can Lose Weight

About 25 million Americans are overweight If you are among them this book will help you If you follow its simplified, point-by-point instructions you will be able to re- [illegible]

depends upon age, height, and occupation *How to Reduce Surely and Safely* offers each individual reader his own personal reducing program.

In a matter of seconds you will be able to find *yourself* in The Calories You Work table on pages 58 and 59 Then, knowing your energy expenditure, you can select the proper diet for your requirements. Whether you are a

man or woman, a housewife, executive, or factory worker, you can find your own *Safe and Sure Diet* among those listed on pages 62 to 85.

The Calorie Counter listed in Appendix A contains virtually all the food you eat. It is a handy guide in helping you to slim down to your desirable weight and a valuable permanent aid in your kitchen. The Calorie Counter and the other food tables which appear in these pages offer you hundreds of food substitutes. They eliminate the drudgery and complications of many diet systems

If you reduce to your desirable weight, the scientific odds are that you will live longer. This fact is discussed in detail in Chapter 2, The Dangers of Overweight. You don't need science to tell you that you will also look better and feel better.

Better nutrition goes hand in hand with a weight reduction program When you finish this book you will understand the positive values of nutrition. Instead of starving you, the *Safe and Sure Diets* will enhance your good health.

It is no coincidence that many members of the same family are often obese Eating habits are difficult to break once they are set. But the deadly habits must be broken at some point

They *can* be broken when parents follow their *Safe and Sure Diets* and set examples for their children. *How to Reduce Surely and Safely* will enable you to establish healthy nutritional habits for your family. It will give you the tools to help your overweight friends. At the same time you can become younger in heart, more attractive in appearance, and livelier in personality.

Within these pages you will find specific ways to reduce to your desirable weight without wasting money, without being boiled in a steam room, tortured by a masseur, or subjected to so-called nature foods. If you follow this guide to weight reduction, you can learn to prevent the return of unwanted fat.

QUIETING THE DIET QUACKS

Having read *How to Reduce Surely and Safely* you will be invulnerable to the promoters of misinformation, impossible cures, and worthless drugs.

Today a parade of panaceas marches endlessly before you, vying for your attention and your dollars In the ranks are food faddists, diet quacks, charm school hucksters, and twentieth-century witch doctors beating the drums for eternal slimness and beauty. Miracle diets, miracle injections, and miracle treatments pass in review. In the long run all are useless, many are dangerous.

Listening to the propagandists one would think America was the land of the grotesque and the home of the glutton They paint a picture of middle-aged men and women, many of them with glandular disorders or unmanageable compulsions, devouring rich foods and puttering over pastries, racing each other to the grave over a path of chocolate icing

[illegible]

radical nor expensive treatment.

RECOGNIZE YOUR OVERWEIGHT EARLY

How to Reduce Surely and Safely will focus on that 95 per cent But later chapters will provide helpful information for the small percentage whose obesity results from physical or emotional causes, as well as for that much larger group at the opposite extreme—the underweight.

If there is one slogan that characterizes modern medicine, it is "an ounce of prevention is worth a pound of cure." The early detection of cancer, diabetes, tuberculosis, and other diseases is a major factor in arresting these potential killers. The prevention or early recognition of overweight is just as vital.

As a rule the average overweight individual does *not* eat more or richer food than in the past. His pattern of nutrition is the same that it has always been But as he grows older, two basic factors change. His food requirements decrease, and he expends less energy.

As if this were not enough, civilization adds gadgets that make it more difficult for him to maintain his desirable weight. First coal, gasoline, fuel oil, and electricity reduced manual labor and made his life more bearable. These conveniences eliminated much of his normal, healthy exercise. Now the peacetime uses of atomic energy promise to reduce his labors even more—and increase his fat.

The more labor-saving contraptions he uses the less food he requires. But usually he doesn't see any connection between the new gadgets and his energy requirements. Possibly he figures that as long as he keeps exercising his digestive system, all will be well.

Almost imperceptibly he gains a few pounds each year, until suddenly his mirror and the unkind remarks of friends make him aware of a "new look." Only *this* new look is not fashionable.

It is compounded of unflattering bulges, wrinkles, chins, and jowls. Its effects are seam-splitting and button-popping
It m
awar
over
turmoil. It is, most of all, unnecessary.

If you are 10, 15, or 20 pounds overweight, you are in this category But if you are grossly overweight, your very first step should be to contact your family physician and seek his advice and supervision of your diet. Whether your weight reduction should be large or small, you will find that your physician will be of great help, for he knows you and your habits intimately.

YOUR BLUEPRINT FOR WEIGHT REDUCTION

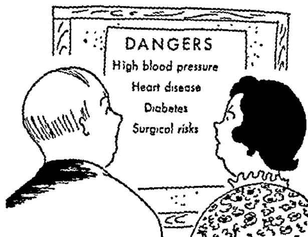
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tions as:

Are you overweight? How much?
What are the dangers of overweight?
How many calories are good for you?
How can you reduce?
Are there miracle diets or drugs?
What menus offer you top-notch nutrition while you reduce?

You'll find the answers to these and many other questions within the following pages You will learn, for example, that the elimination of one pat of butter a day may mean a reduction of 7 pounds of body weight a year

When you have completed this book you will have a blueprint for better health through better nutrition You will be able to carry the right weight through a longer, more satisfying life.



2. The Dangers of Overweight

You probably know right now whether you are overweight. If you have any doubt, turn to the table Desirable Weights for Height on pages 7 and 8. Later we will discuss the importance of this table in your meal planning, but for the moment just locate yourself by sex and height. Subtract your desirable weight from your present weight and you have the number of pounds you should lose.

This figure is vital to your life as well as to your figure. If you now weigh 10 per cent more than your desirable weight, consider yourself officially overweight. If you weigh 10 per cent less, you are underweight.

If you weigh 20 per cent more than your desirable weight you have an urgent health problem Medical science now recognizes the intimate relationship between obesity and disease.

Strictly speaking, *obesity* and *overweight* are not the

same. If you are a 5-foot 10-inch, 220-pound weight lifter with enormous arm, leg, and chest muscles, you may be over the standard weight without having an ounce of superfluous fat. In this case you would not be considered obese. However, since this book is not intended for weight lifters, we will use *obesity* and *overweight* synonymously.

Any hesitancy you may have about losing those excess pounds will disappear when you understand the dangers of overweight.

DESIRABLE WEIGHTS FOR HEIGHT *

MEN †

HEIGHT (WITH SHOES)		WEIGHT IN POUNDS (AS ORDINARILY DRESSED)		
FEET	INCHES	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5	2	121	129	137
	3	124	132	139
	4	127	135	143
	5	131	139	147
	6	134	142	151
	7	138	146	156
	8	142	151	160
	9	146	155	164
	10	150	159	168
	11	154	163	173
6	0	158	167	177
	1	163	172	182
	2	169	178	188
	3	174	183	193

DESIRABLE WEIGHTS FOR HEIGHT (*Cont.*)

WOMEN ‡

HEIGHT (WITH SHOES)		WEIGHT IN POUNDS (AS ORDINARILY DRESSED)		
FEET	INCHES	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5	0	109	116	124
	1	111	118	126
	2	114	121	130
	3	117	124	133
	4	121	128	137
	5	124	131	139
	6	128	135	144
	7	131	139	148
	8	134	142	152
	9	138	146	156
	10	142	150	159
	11	145	153	162
6	0	147	157	167

* These figures are compiled from various sources. They are *in line with findings of the Metropolitan Life* Insurance Company. Age is disregarded because weight gains beyond the ages of twenty-five to thirty years are considered undesirable. Weight deviation of 5 per cent above or below the figure given is *not* considered significant.

† Men wearing hats smaller than size 7 may be considered as having a *small frame*, those wearing hats between 7 and 7½ may be considered of *medium frame*; and those whose size is over 7½ have a *large frame*.

‡ Women wearing gloves smaller than size 6 may be considered as having a *small frame*; those whose size is between 6 and 7 are of *medium frame*; those wearing gloves larger than size 7 may be considered of *large frame*.

OVERWEIGHT IS A HEALTH HAZARD

A Metropolitan Life Insurance Company study of more than 50,000 men and women revealed that *the death rate of markedly overweight men was 79 per cent above that of men of normal weight and the mortality of markedly overweight women was 61 per cent above normal; the death rate of moderately overweight men and women was 42 per cent above normal.*

is about three times higher than among average and underweight women.

The mortality figure for men is not much more optimistic. The diabetes death rate among overweight men is 2½ times higher than among men of normal weight.

If you overeat, all parts of your digestive system become overworked Some experts hold to the theory that this

ing of the arteries, occurs when the blood vessels calcify and become hard as stones Eventually they may block a major vessel of the heart or brain, resulting in a heart attack or stroke.

Deaths from chronic diseases of the heart, kidneys, and blood vessels—by far the leading causes of death in America—increase sharply with the individual's degree of overweight.

stricken fatally with heart, kidney, or blood vessel disease is fully 50 *per cent greater* than if you were a person of normal weight.

Overweight multiplies the risk of hypertension. A Metropolitan Life Insurance Company study of 74,000 industrial workers showed that increases in body weight were accompanied by steady increases in blood pressure. This finding is pin pointed by physicians who have found that an overweight person with hypertension can lower his blood pressure by reducing his weight slowly to the norm for his age and height.

If high blood pressure is allowed to continue unchecked it can lead to cerebral blood vessel accidents which the layman may call a stroke or apoplexy. It may lead to kidney or heart failure.

No one knows precisely why high blood pressure and heart disease are associated with overweight Some physicians ascribe the association to the fact that the increased weight throws a burden on the circulatory system and muscle structure.

It is known that extra pounds force the heart to work harder to push blood through the blood vessels. If your body attempts to burn 25 per cent more food than it requires, your heart has to pump additional blood to provide the equivalent of 25 per cent more oxygen If you suffer from high blood pressure, your heart must work twice as hard to push blood through its valves into your circulatory system

Whatever the reasons, the fact is that there is a definite link between overweight and heart failure. Results of one study indicated that men who are 25 per cent or more overweight have a 60 per cent greater chance to acquire heart disease than men of normal weight.

In addition to all this, consider the following facts:

Overweight women are particularly susceptible to gallbladder trouble.

Certain tumors of the uterus are deadlier to overweight women than to others.

Overweight women have less ability to conceive, are more apt to have complications in childbirth, and have a greater chance of bearing an unhealthy baby.

Overweight men and women are more accident-prone, have less resistance to infection, and are more likely to develop painful joints and foot troubles. They are greater surgical risks.

YOUR BEST WEIGHT BETWEEN THE AGES OF TWENTY-FIVE AND THIRTY

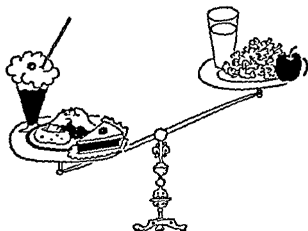
With these facts before you, you can understand why reduction to your desirable weight is beneficial. You know that you will look better and feel better and become more youthful in appearance.

The table of Desirable Weights for Height on pages 7 and 8 is based on a vital physiological fact: you reach

book shows you what should have been your proper weight at the age of twenty-five to thirty.

If you stay within 10 per cent of this desirable weight you decrease the possibility that overweight will lead you to diabetes, hypertension, heart, kidney, or blood vessel ailments.

But before you begin to shed those extra pounds you must understand how and why they got there in the first place. As your first step, meet the calorie.



3. You and Your Calories

Everybody talks and worries about his calories, but how many of us understand them?

Whatever else we humans may be, we're warm-blooded. Even our most primitive ancestors knew that warmth meant life, a cold body meant death. Our bodies are like radiators —somewhat more attractive to be sure—but similar in that warmth flows from them to the colder surrounding atmosphere For this reason our bodies burn foods which supply units of heat known as calories.

To be precise, a calorie is that quantity of heat necessary to raise a kilogram (about thirty-five ounces) of water 1°C. Fortunately, for this discussion we don't have to be that precise about it. We need only know that we take in calories as food. We use the calories up as muscular energy and heat dissipation. Incidentally, we're now discussing

"large calories," which are 1,000 times greater than those you might have come across in the physics laboratory at school.

In some ways the body is like a coal-burning locomotive. When coal burns in an engine, it creates heat, measured in calories, which converts water to steam. This steam produces the power that turns the locomotive's wheels. Thus heat has been converted to work.

FOOD IS YOUR FUEL

Your body uses food as its fuel When this fuel burns, heat, measured as calories, maintains body temperature and circulation. Just as steampipes in a home carry heat to all the rooms, your blood carries heat-producing nutrients to all parts of your body This furnishes the energy required by your vital organs and by your physical and mental activities As with the steam engine, heat has been converted to work. Besides supplying the calories for energy, foods are utilized to repair and replace your burned-up body tissue.

The processes associated with the growth and repair of tissue and the conversion of foodstuffs into usable energy are known as metabolism Men have a higher metabolism than women They require about 20 per cent more food and burn up their calories faster For that reason women can gain weight more quickly than men.

If you take in more calories than you use, you deposit fat to your credit (or discredit) If you use up more than you take in, you burn a part of your fat reserve and lose weight If intake and output remain the same your weight remains constant.

HOW WEIGHT IS GAINED AND LOST

Alice R. is our exhibit A A thirty-five-year-old housewife, living in the city, 5 feet 5 inches tall and weighing 1[illegible] per
d[illegible] ecre-
a[illegible] cal-

ories, making a net gain of 115 calories. Multiplying this 115-calorie-per-day surplus by 30 days, her monthy gain amounted to 3450 calories. Since a pound of body weight equals about 3500 calories, Alice began to add about one pound each month.

At this point her living habits underwent a slight change. Instead of walking she drove her automobile to market. During weekends she substituted canasta for outdoor recreation. Mechanical gadgets cut down her household chores and, with them, her calorie cost of work. Her energy expenditure dropped from 2200 to 1950 calories per day, but her work at the dining table continued at the same level.

Although her eating had not increased, this lessening of activity swelled her daily surplus by 250 additional calories, or 7500 per month. This amounted to another 2-pound weight gain. Off she went to her family physician.

In brief, here's how Alice reduced to her desirable weight. Her doctor prescribed a 1700-calorie diet. Then she resumed her daily walking and weekend exercise, which restored her 2200 calories of energy. This 500-calorie daily deficit amounted to the loss of about a pound a week. Slowly but surely and *safely* Alice's fat was utilized by her body and disappeared She had corrected what her physician called her metabolic imbalance.

HOW YOU SPEND YOUR CALORIES

Your total calorie output consists of several elements. First, there are the basal calories. These are the calories required to keep you alive when you lie quietly in bed, neither exerting yourself nor eating This condition of total rest would seem to be the height of laziness, involving no energy whatever. Actually, about two-thirds of your total food intake is utilized to provide sufficient heat for your body in this state. These basal calories make up for your

continuing heat loss. In addition they supply the energy with which your heart muscle pumps blood, your lungs inhale oxygen and expel carbon dioxide, your food is digested, your brain functions, your kidneys manufacture urine, and your liver performs its chemistry. You cannot cut your basal calorie needs. They maintain your body temperature and circulation and even help you meet emergencies by supplying epinephrine

Besides basal calories, your total calorie output consists of calorie expenditures for work and for environmental response. Under the latter heading would come such activities as shivering as you undressed in a cold room.

In the good old days, enormous amounts of food were required to make up for the heat lost in vigorous physical activities and in inadequately heated homes.

The Maine lumberjack could consume a monumental 6000 calories per day without gaining weight The New England farmer savored a tidy breakfast of eggs, waffles, sausage cakes, apple pie, coffee and cream without developing the trace of a paunch When the old-timer undressed in the cold, his metabolism shot up 60 per cent, and when he shivered it helped boost his calorie expenditure to a new high We nonshiverers expend only about 2100 calories a [illegible]

has diminished, but it still accounts for two-thirds of our normal food requirements

The remaining food consumption provides us with fuel for such activities as dressing, rushing to the bus, arguing about a raise in salary, lowering ourselves into a comfortable chair, turning the pages of a book, or, more likely today, turning the dial of a television set

You must increase the amount of food burned to whittle away at body fat. Since tampering with basal calories is

a dangerous business, our best bet is to work on our activities. One of the major objects of this book is to expose the myth that exercise is of no value in the reduction of weight.

The key to successful dieting is the elimination of small increments of food and the addition of small increments of exercise, and by exercise I don't mean push ups, bar bells, or water polo. I mean the normal exercise of daily living which all too often we tend to ignore in this mechanical age.

We'll come to exercise later. Meanwhile we want to find out why different people have different basal calorie needs.

YOUR WEIGHT AND YOUR BASAL CALORIES

The amount of skin surface on your body is one of the chief factors in determining your daily food requirement. The greater your skin area, the more heat you radiate and lose and hence the more food you burn to produce this heat. Fat people have more skin surface area exposed to the atmosphere than people of desirable weight who are of the same height, age, and sex. Hence they must consume more food than people of normal weight merely to maintain their bodies at normal temperature. Their obesity increases their bodies' metabolic requirements and forces their pancreas, In this vicious excessively. He to maintain his obesity.

The tables below illustrate this important point. They show how your weight affects the number of basal calories you require during a twenty-four-hour period. As examples I have chosen a thirty-five-year-old man, 5 feet 10 inches tall, and a thirty-five-year-old woman, 5 feet 2 inches tall. Note how the number of calories they require rises with each increase in weight:

THIRTY-FIVE-YEAR-OLD MAN

height	*weight*	*basal calories in 24 hr.*
5'10"	100	1470
	125	1600
	150	1730
	175	1840
	200	1970
	225	2060
	250	2180

THIRTY-FIVE-YEAR-OLD WOMAN

height	*weight*	*basal calories in 24 hr.*
5'2"	90	1180
	100	1240
	125	1360
	150	1470
	175	1580
	200	1680

The 200-pound woman requires 500 calories a day more to maintain her weight than the 90-pound lady. But if our 90-pounder became ravenously hungry and began eating the quantities required by the heavier woman, she would ultimately weigh 200 herself

The tables above have shown that the more you weigh, the more calories you require to stay alive It is also true that the more you weigh, the easier it is to burn your calories Did you know that in walking a mile

A 100-pound man expends 63 calories?
A 150-pounder expends 85 calories?
A 200-pounder expends 106 calories?
A 250-pounder expends 127 calories?

YOUR HEIGHT AND YOUR BASAL CALORIES

Height, as well as weight, is an important factor in your basal calorie needs. If we were all tall, our lives would be much less complicated. Besides being able to watch parades and tower above ladies' hats in the theater, we could eat rather heavily without gaining weight. Our elongated skin surface would enable us to dispose of much of our food by the radiation of heat.

As specific examples of the effect of height on daily food requirements, let's take the cases of a thirty-five-year-old man who weighs 150 pounds and a thirty-five-year-old woman who weighs 125 pounds. Note how their calorie requirements rise with each increase in height.

THIRTY-FIVE-YEAR-OLD MAN

weight	*height*	*basal calories in 24 hr.*
150	5′	1550
	5′4″	1620
	5′8″	1700
	5′10″	1730
	6′	1770
	6′2″	1810

THIRTY-FIVE-YEAR-OLD WOMAN

weight	*height*	*basal calories in 24 hr.*
125	4′10″	1290
	5′2″	1360
	5′6″	1420
	5′8″	1450

It's clear from this that the shorter person has a greater problem keeping his weight down to its desirable level.

Remember that we are now talking about basal calories, the heat we require just to stay alive. These figures do *not* take into account differences of activity or occupation.

YOUR AGE AND YOUR BASAL CALORIES

Your age, as well as your height and weight, plays a key role in determining your daily food requirements. As I have mentioned, virtually all the simple obesity of the middle-aged and elderly results from a continuation of the years although one's ac- your metabolic requirement is automatically lessened with the passage of years A newborn baby requires 75 calories per day per pound of body weight, but a woman of sixty-five requires only 15 calories per day per pound This is a fact few people recognize. Even if you were able to lead as active a life at sixty as at sixteen, your food requirements would be less Alas, a sixty-year-old gentleman indulging in touch football or a high-school dance would burn fewer calories than a sixteen-year-old He might fool his playmates and his dancing partners, but he could not fool his metabolism.

Here are two tables which demonstrate the effect of age on basal calorie needs. We've chosen a 5-foot 10-inch, 150-pound man and a 5-foot 2-inch, 125-pound woman to demonstrate Note how their calorie requirements for a twenty-four-hour period lessen as they grow older

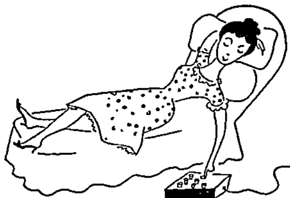
5-FOOT 10-INCH, 150-POUND MAN

age	*basal calories in 24 hr.*
14–15	2020
16–17	1890
18–19	1800
20–29	1730
30–39	1730
40–49	1690
50–59	1650
60–69	1600
70–79	1560

5-FOOT 2-INCH, 125-POUND WOMAN

age	*basal calories in 24 hr.*
14–15	1600
16–17	1490
18–19	1410
20–29	1370
30–39	1360
40–49	1340
50–59	1300
60–69	1260
70–79	1230

The food you eat takes care of your basal calories plus your work calories. We've seen the effects of weight, height, and age on basal calories. Now let's examine the calories you require for your activities.



4. How Many Calories Does a Woman Work?

Without straining or tiring yourself, you can walk off 12 pounds a year.

Diet quacks announce triumphantly that it takes 35 miles of hiking to lose 1 pound of fat Who has the time or energy to stroll 35 miles, say the faddists No one, of course, except perhaps a boxer in training, and chances are that he's in better trim than you or I At any rate we hope so, for his survival.

It's true that we don't take daily 35-mile jaunts. However if we walk 1.2 miles more per day than we do now, our strolls will add up to 35 miles each month. This amounts to a pound of weight each month, or 12 pounds a year. Chances are that during your ascendancy to obesity you did not gain this much in a single year.

"Walk, do not ride," might very well become America's slogan in routing obesity. Every time you pace off a mile you burn up about half an ounce of food—and it does not matter very much how fast or slowly you walk. The athlete who blazes a mile in slightly under four minutes grabs the headlines, but the businessman or housewife who ambles the distance in half an hour gains equal benefits without heart strain.

The time has come to stop debunking exercise If we have to debunk anything, let us debunk the mechanization which has padded so many American housewives with unnecessary fat.

HOUSEWIVES AND THEIR CALORIES

Look at Vivian D., whose daily routine is typical of millions of so-called emancipated housewives. In the early days of her marriage she was the absolute monarch of an old-fashioned kitchen Time-motion studies have indicated that [illegible]

arranged to make it difficult and tiresome for Vivian, but, like it or not, she got her exercise.

Ten times a day Vivian climbed the 10-foot stairway to the second floor, expending about sixty calories in the process. She walked a quarter of a mile to market and back, shedding 50 calories plus varying extras, depending on the bundles she carried At home again, she plunged into housework. Most of her cleaning and dusting was by hand, and when she used a broom or carpet sweeper she expended about 180 calories an hour in her tussle with friction as well as with the dust

When she performed the noble task of washing the family clothes, she slaved over a scrub board to the tune of

250 calories an hour, and her inadvertent physical fitness

When it came to caring for her babies, she poured out energy with furious abandon There were endless rows of hand-washed diapers flying in proud array, and tedious hours were spent preparing baby food In those dim days it took

ories.

Altogether we can estimate that Vivian's daily routine amounted to 3000 calories. Today she consumes the same number of calories at the table but she has trouble expending them in activity Her modern kitchen is designed to save her work and trouble Instead of marching 6 miles from icebox to stove to sink, she walks a mere 2 miles The sink and stove are adjacent, the automatic refrigerator is a step away There are convenient work counters everywhere.

waistline.

There is no top floor in her ranch house, hence no 10-foot stairway. She drives the family car to supermarket, leaves it in a convenient parking space, and selects a wheeled

cart in which to pile her groceries. Her greatest expenditure of energy is in the loud gasp with which she receives the cashier's total.

If her packages are too heavy an attendant carries them to her car. Her only exercise consists in carrying them from car to kitchen when she returns home.

Plunging back into housework she does not fight friction and dust with a carpet sweeper because her efficient vacuum cleaner rolls effortlessly over the rugs. Its long, multishaped attachments enable her to clean distant surfaces [illegible] air. [illegible] can [illegible] shampoo a rug As if this emancipation were not sufficient, the dirt collected by the vacuum may emerge automatically in a sealed and sanitary bag.

The genius of modern man has designed ironing boards at which Vivian can sit comfortably as she presses shirts for the man of the house, so she retains another 40 calories each hour.

The 130 calories per day which Vivian once burned in washing and drying dishes now are added to her growing stockpile of fat. The dishwasher now exerts this energy. True, an occasional dish must be scraped before it is turned over to the machine but this is more than compensated by the dishwasher's efficient drying action. Today Vivian's greatest chore is putting the dishes back in the closet, and no doubt some research laboratory is at work on this vexatious problem. It is conceivable that a gadget resembling an automatic record player will one day shuffle dishes of all sizes and deposit them in their proper places in the pantry.

Meal preparation is simplicity itself. Just about everything is packaged, ready-made, or frozen. South African lobster tails and old-fashioned rice pudding roll with equal ease from the assembly lines of food processors to the stomachs of America These foods are tasty, healthful, and varied, but

in easing the housewife's routine burdens they add to her physiological burdens

As for the care and feeding of baby, Vivian, who is now a grandmother, can only look with envy toward the girl who was fortunate enough to marry her son. This young woman (who is perfectly nice, mind you) never has to grind food, owns no colander, and rarely uses a strainer. Prepared baby foods solve every problem for the young wife and furnish nutritional diversity never before possible.

Even baby's crib is designed to lessen Mother's effort The height of mattress and springs is adjustable, so that baby can be tucked in without straining Mama or relieving her of her calories.

Diapers are still a problem—but for the diaper service The contemplative hours spent washing these essential garments belong to the past.

Both Vivian and her daughter-in-law toss the family clothes into the washing machine and dry them in the automatic drier The pleasures of hefting a load of laundry to the back yard, testing arm muscles by hanging the clothes high in the air, and racing out to rescue them from the rain no longer exist. Neither does the resultant burning of calories.

Altogether it is safe to say that the wonders of mechanization make a difference of about 1000 calories a day to you as a modern housewife. Seven thousand extra calories add up to 2 pounds a week Now it is quite true that you do not gain 104 pounds a year. You eat less food than your mother did because you utilize less energy. Besides, you could not gain as much as 100 pounds because each new weight gain requires more calories to maintain obesity. The heavier you are, the more you must eat to keep that unattractive fat, and even the most obese people have their limits of food consumption. However, most housewives have *not* reduced their intake of food in proportion to their reduction of activity around the house It is reasonable to assume that in many cases weight gains of 10 to 15 pounds a year are at-

tributable to the replacement of human energies by machines.

EXERCISE CAN HELP YOU

The hours of freedom should broaden your personality but not your hips. They should provide healthful physical exercise as well as mental stimulation An occasional eighteen holes of golf, for example, involves about 600 calories of walking, swinging, and despairing. There are added bonuses of muscle tone, and a healthy complexion painted by sun and wind is most attractive.

ercise supreme. Not
You and your hus-
y and country, can
gain a new appreciation of your surroundings and of each other. In the process you become trimmer at the rate of 75 to 100 calories per mile

Dancing is
discarded well b
lightful way to s
before mar-
'ina-
fox
trotting than an afternoon at a charm school—and the bill will be much less.

Even in this era of mechanization the housewife can
enter an auto-
the market,
the station,
and walk to the movies. This habit will subtract calories from your person but add spending money to your pocketbook. The high cost of gasoline, of parking, and of repairing

scraped fenders can be averted as you slim down to your desirable weight.

It is quite true that exercise without regard to eating habits may be of no consequence in losing weight. But the combination of moderate exercise with moderate dieting is irresistible In fact it is imperative.

Later you can locate the average number of calories you expend daily in your housework or occupation. It will appear in the tables on pages 58 to 60 and will help you to choose your *Safe and Sure Diet*



5. How Many Calories Does a Man Work?

Men have never worked less. Machines have taken the place of muscles. You can gain weight today faster than at any time in history.

The revolution that transformed the housewife's kitchen has also wreaked havoc with masculine activities.

The farmer who once walked behind the plow for six hours a day at the rate of 400 calories per hour now rides a tractor and expends about 130 calories in the same time. The lumberjack who chopped down and handsawed trees at a furious 450-calorie-an-hour clip operates a gas-driven chain saw at a meager 130 calories. The ditchdigger who built his muscles with pick and shovel, discarding 300 cal-

ories every hour, has also been mechanized. The coal miner, a symbol of sweating, toiling man, now sweats and toils less energetically, thanks to the pneumatic drill and the electric car. The miner who once devoured enormous quantities of food to match his prodigious physical feats can now subsist on a 3000-calorie diet.

If you are a white collar worker, whether a clerk or top-ranking executive, you barely expend 75 to 100 calories an hour, bent over your desk or ledger. You sit in virtually the same position hour after hour. It is no wonder that your white collar becomes tighter through the years.

As transportation systems increase in efficiency, there is a decrease in your physical efficiency. Your one chance for exercise during the workday perishes as you spread yourself on the seat of auto, bus, or trolley.

YOU CAN TRIM YOUR FAT IN THE SUBURBS

Fortunately, one phenomenon of American living has come to the rescue. It is the surge to suburbia True, the commuter train does not provide exercise, even if it leads to nervous exhaustion. But the house with the plot of land offers inexhaustible opportunities for putting to rout the physical doldrums of the work week.

The amateur gardener expends about two hundred calories during every hour that he beautifies his property, and chores like painting, car washing, and home repairs consume other units of energy

wards. No reason now why Dad can't take his son fishing, and even if the fish don't cooperate the stroll to and from the lake has its virtues.

Golf, with its ever-widening circle of devotees, offers substantial health rewards During an eighteen-hole session you can dispose of 600 calories, and the more strokes you miss the more healthful your experience. In golf even the

duffer reaps dividends If you carry your own clubs you'll shed more fat than the man with the caddy.

Unfortunately, refinements in this sport threaten its health values The electric car which dri[illegible] hole to [illegible] golf in [illegible] freshment at the nineteenth hole, may become a fattening experience.

MEN ARE GETTING FATTER

There is considerable evidence that our male population is growing increasingly obese. A comparison of World War I and World War II selectees, prepared by the Metropolitan Life Insurance Company, revealed the following:

Percentage of Selectees 5 feet 8 inches in Height in Specified Weight Groups

Weight Group	*World War II*	*World War I*
190 lb or more	4.2	1.0
200 lb. or more	2 4	0 4
Under 130 lb	10.6	18.3

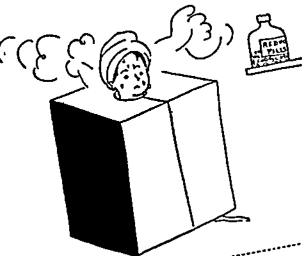
According to this study, four times as many World War II draftees weighed in at 190 pounds as compared with the World War I group. Six times as many World War II selectees tipped [illegible] under 130 [illegible] per cent more men in this bracket.

These manifestations of our overweight problem reveal one of the many defects of our civilization. The more prosperous and advanced we get, the fatter we get. The fatter we are, the less attractive and less youthful we become. Morale and body sag at the same time.

There is a form of modern gluttony, but it does not consist of middle-aged Americans wolfing down vast quantities

of pastries and sweets. Our gluttony consists of standing idly by while machines do the work of our arms, legs, and bodies. This has coincided with our peak standard of living and with the availability of more and richer food to more and richer people.

Later you will be able to locate the average number of calories you expend daily in your occupation and recreation. It will appear in the tables on pages 58 to 60 and will help you in choosing your *Safe and Sure Diet*.



6. Diet Fads and Fakes

The diet quacks are out in force. You and your pocketbook are the targets. These bogus scientists thrive on the overweight problem They are expert in playing on your fears

Quacks exist because large numbers of food faddists exist Unlike you, who are taking the time to read the facts about food before reducing safely and surely, the faddist seeks a miracle prescription for eternal youth, beauty, and slimness. He thrives on half-truths, misinformation, and superstition that would make an aborigine blush In the process, food quacks are only too happy to relieve him of his cash.

HAWKERS OF "HEALTH FOODS"

The hawker of health foods and wonder diets is not very much different from the snake oil peddler who sold his

cure-all from the back of a wagon Today's quack just happens to be a more sophisticated propagandist, as comfortable in the salons of society as he is in the hustings. Sad to

[illegible]

the air, recommending peculiar foods in which he has less than a peculiar financial interest. Within the past few years no less than four books have been published by food faddists who, at one time or another, have been arrested for practic- [illegible] their [illegible] Ad- [illegible] alse advertising claims blasted by the Federal Trade Commission.

Oddly enough, one of the quacks' recurrent false charges is that the American food industry, which has provided us with the most nutritious edibles in the history of the world, has debased its products

YOUR BODY WEIGHT AND YOUR SCALE WEIGHT

The neighborhood reducing salons operate on a smaller scale They take advantage of the difference between body weight and scale weight to ply their trades Your body weight consists of the weight of your bony structure, internal organs, muscles—in fact, of everything but your free water Your scale weight includes this free water, which makes quite a difference since it can account for as much as 10 per cent of your body weight Thus a 150-pounder may contain 15 pounds of water. This is passed off in urine and perspiration [illegible]

[illegible]

lose will consist of surplus water For every two glasses of water you drink, you will regain 1 pound of this liquid

weight Your fatty tissue, the real root of the evil, will continue to quiver undisturbed.

Like most of the misguided stabs at reducing, this dehydration can be dangerous. Your body requires free water. Without it, your blood may thicken, increasing the burden on your heart. In addition, your kidneys may retain poisons normally excreted in urine.

Vibrators and various methods of massage are equally ineffective for weight loss. Kneading the muscles may improve their tone, but excessive massage and "pounding away of fat" may traumatize the tissue and cause small fatty tumors beneath the skin. Of course the masseuse may be benefited in her own weight reduction, since she is doing the work and expending the calories while you lie there in agonized bliss.

THERE ARE NO WONDER DIETS

There are two basic fallacies to those special six-, seven-, or nine-day diets you read about in the newspapers As we learned on pages 17 to 20, your daily calorie requirements depend on your age, height, weight, sex, and work output. [illegible] prepared, [illegible] balanced [illegible], and minerals, is as necessary for the person attempting to reduce as it is for her slim sister. Any diet which concentrates on one nutrient cannot meet this requirement. The high-protein or high-fat (yes, there is even one of those) or salt-free diets all have vital weaknesses and dangers.

[illegible]

you concentrate on protein you exclude some vitamins and minerals which play vital roles in good health and good nutrition.

As for that high-fat diet, that's designed for the very

calories that it would undoubtedly add weight to the moderately overweight

Salt-free diets fool some people because the less salt you consume the more quickly your body rids itself of water. This results in a loss of *scale* weight, not of body weight. Under quack reducing systems, the victim exercises in con-

in vision, and unconsciousness may result In addition, the large water loss prevents the kidneys from working efficiently These hazards are intensified by reducing regimes which include physics and cathartics, for then there is a large loss of salt through liquid stools. Thus the milk of magnesia several times a week prescribed as a cathartic by

quirements. Together with this, drink plenty of water, for it will combat acidosis and help your body to rid itself of poisons.

vary, but the contents are usually the same

Now and then a new wrinkle appears and rumples the surface of American obesity, without ever removing the

bulges. Today some people are advocating the taking of sugar and sugared drinks between meals to depress the appetite. They reason that excessive appetite is caused by a lowering of the concentration of sugar in the blood between meals.

This reasoning cannot be applied to everybody. For some people the taking of sugar between meals may start a vicious cycle The cycle begins by a rise in blood sugar but ends with its ultimate lowering and renewed appetite This is explained more fully in Chapter 11, When Illness Causes Overweight.

There is a further disadvantage to this ingestion of sugar between meals. Sugar calories are unaccompanied by vitamins or minerals In view of the limited number of calories available to a person on a reducing diet, each calorie must do double duty. It must not merely add to his total consumption of calories, it must have value in his balanced, nutritious diet.

THERE ARE NO WONDER FOODS

We have always had ballyhooed diets which became momentary vogues, resulted in some startling "before" and "after" pictures, then faded into obscurity. We have also had a variety of faddists who have advocated "miracle foods" capable of ending the world's ills.

Let's dip into one of these modern Fountains of Youth. This one happens to contain blackstrap molasses, yoghurt, wheat germ, brewer's yeast, and powdered skim milk.

There's nothing new about exaggerated claims for blackstrap Crude molasses has always been the subject of folk myths. Long before its recent ballyhoo, occult practitioners had pronounced it a cure for cancer, tuberculosis, heart trouble, constipation, paralytic strokes, and other afflictions.

Blackstrap, the dark, thick sirup that remains as the end product of sugar refining, is described by men who know

molasses best as "the dregs of sugar making." The *Encyclopedia of Foods* defines it with more dignity as "Blackstrap molasses: The poorest is the final or exhausted molasses of raw sugar manufacture."

Far from being worthless, blackstrap has specific uses —in cattle feed and in the production of alcohol and yeast. In Great Britain this "wonder food" is considered unfit for human consumption, and its sale is outside the jurisdiction of the Ministry of Food. Instead, it is allocated by the Molasses Controller to manufacturers of cattle feed and similar users.

Food faddists point to blackstrap as a "natural" food, rich in iron and copper, unsullied by machine and chemical [illegible]

soluble rust.

Blackstrap *does have twice as much* calcium as would normally be expected, but not because of nature. It's just the limewater used by chemists in processing sugar.

[illegible]

vitamin B."

Another analyzer of blackstrap put it in more human [illegible]

[illegible] bread, the favorite target of the food faddists, contains these ingredients in sufficient quantity to prevent a dietary deficiency.

Advocates for blackstrap claim that it is effective in the prevention and treatment of menopausal difficulties and menstrual abnormalities, in inducing sleep, preventing and correcting nervousness, correcting baldness and restoring gray hair to its natural color, promoting better digestion,

since the article (blackstrap) is not capable of fulfilling the promises of benefit made for it. . . ."

Second of the "wonder foods" is yoghurt. This, basically, is concentrated whole milk, fermented at high temperatures by a process involving several kinds of bacteria. The result is a white, custardlike preparation that has a nutritional value no greater than the milk from which it was made. It has just about the same content of calories, vitamins, and calcium as milk, but what with the bacteria and the complications it costs about three times as much. Thus there is a danger that children in yoghurt-dominated households are likely to be given less than the required quart a day. In that case their diets may be deficient in calcium.

Yoghurt is the traditional drink of Bulgarians and various Balkan tribesmen, and because some of these folk

Balkan tribesmen have refrigerators for the storage of ordinary milk.

Like most "wonder foods," *yoghurt has legitimate uses* entirely apart from its role in faddism. Its principal value is as a source of milk for people who cannot consume it in other forms. Nutritionists agree that it has no greater value *than milk—it just costs more.*

Wheat germ, third of the "wonder foods," is perhaps the most appealing of the five to those who like a scientific tone to their faddism. It is rich in many of the B vitamins, but a normal diet will contain adequate quantities of these vitamins, especially in whole-wheat or enriched white bread.

and powdered skim milk, are prescribed by physicians for specific purposes. They, too, are not necessary in the average diet. Brewer's yeast, whose flavor and texture are unpleasant to most people, is used as a B-vitamin supplement and, like any supplement, is effective only when there is a real need for it. It is not a miracle food One tablespoonful, the usual dose, contains about half as much protein as an egg and about one-tenth of the daily requirement of iron.

Powdered skim milk is also a legitimate food and is excellent for those who must limit their intake of fat. It has all the protein, calcium, and B-vitamin values of whole fluid milk. Yet it contains only half the calories of whole milk. For that reason physicians often recommend it for reducing diets, but it is not a "wonder food" and its value in the diet depends on the other foods used with it

To sum up, the Federal Food and Drug Administration points out that the five "wonders" would contribute nothing to the well-being of an individual who consumed a *normal diet of milk, fruit, vegetables, meat, cereals,* and other common foods.

STAY AWAY FROM REDUCING DRUGS

Just as there are no wonder foods, there are no wonder drugs for reducing. Diet drugs fall into four classifications They include the *appetite depressants, metabolism stimulators, cathartics,* and *dehydrators.*

There are three kinds of *appetite depressants*—the Benzedrine type, the filler type, and milk-powder pellets. The Benzedrine type acts on the central nervous system, imparting to some users a sense of exhilaration and mental stimulation. Presumably [illegible]
t [illegible]
c [illegible]
method of solving anyone's problem, and besides, some people are allergic to Benzedrine.

The filler type of appetite depressant is illustrated by

methyl cellulose. This swells up in the gastrointestinal tract and is supposed to give a sense of fullness which will discourage orgies of pie à la mode. The trouble is that it has to be taken in such large quantities that it acts as a cathartic. Then the filler becomes an emptier, depleting the body of its water-soluble vitamins. Your good health can be affected adversely, while your body weight remains exactly the same

Milk-powder pellets neutralize the gastric juices to some extent and provide some feeling of fullness. They are not harmful, but I know of no instance where they were successful in helping to bring about a permanent change in [illegible]

[illegible] so that the body burns more food. Thyroid, the most commonly used, acts on the heart and glands and can produce *very toxic effects* This drug can be a menace, yet it is sold without prescription.

The dinitrophenol type of metabolism stimulator is banned from legitimate sale, but some people still seek it out in the black market. Perhaps they are aware that this [illegible] aware that [illegible] nanent or [illegible]

The *cathartics* offer the consumer a veritable Garden of Eden—eat all you like, they urge, forget about diet rules and food values and common sense—just keep taking cathartics. The principle is that the food is forced out of your system before it can be absorbed. Also forced out in the process (though this is not advertised) are vital water-soluble vitamins and minerals. The result can be somewhat different from Paradise—dehydration and disease localized in the stomach and intestines.

The *dehydrators* (that word keeps cropping up) include ammonium chloride and mercurial preparations; saline cathartics like epsom salts; and a new sulfa type.

you can decline You may be anxious to lose weight, but no doubt you'd prefer to retain your bony structure.

The mercurial preparations act directly on your kidneys. It's the same old story of losing water which registers as sc [illegible]

these [illegible]
will c [illegible]
your money and spare your false hopes [illegible]

drugs.

This chapter will have done its job if you have now [illegible]

vitamin, and mineral content of foods.

That happens to be the very next item on our menu.



7. Uncover Your Hidden Calories

If you eliminated just one pat of butter each day and your living habits remained the same, you could lose more than 8 pounds of body weight in one year. If you omitted 1 tablespoonful of salad oil per day, you could reduce an additional 10 pounds a year The next few pages will tell you what you should know about foods to make your reducing easier.

The three basic foodstuffs which supply our calories are carbohydrates, fats, and proteins. One of the oldest, most persistent, and most ridiculous of superstitions is that one must never mix carbohydrates, fats, and proteins at the same meal If it were possible to meet this requirement, our unhappy diner would become ill eventually, because proteins are utilized best when consumed with some fats and carbohydrates. Matter of fact, egg white and cottage cheese are the only proteins with no inherent fat or carbohydrate; refined sugar is the only carbohydrate with no protein or fat;

and processed vegetable oils are the only fats with no protein or carbohydrate.

As seems to be the case in all such matters, the truth is less spectacular and much more obvious than the superstition or fad Everyone requires carbohydrates, fats, and proteins, it is the relative amount of each which determines the effectiveness of your reducing diet.

Carbohydrates are the sugars and starches found in our

carbohydrate contains 1820 calories.

Fats consist of fats and oils in all forms One pound of fat, like lard or olive oil, contains a whopping 4000 calories. If you consume more carbohydrates and fats than you can utilize immediately, you will store them as body fat This surplus cannot be disposed of at auction You will have to

4000 calories.

tains 1820 calories. Do not confuse a pound of meat with a pound of protein Meat contains about 20 per cent protein, the rest is water and fat

SKYROCKETING CALORIES

The foods we eat are mixtures of the big three—carbohydrates, fats, and proteins Let's first see how those major offenders, the fats and oils, skyrocket our budget of calories. Remember that 3500 calories equals 1 pound of body weight.

Here's an innocent little baked potato which offers a mere 80 calories to a hungry housewife. She adds *one pat of* butter and doubles the calorie content. She picks up a 60-calorie slice of bread, adds another chunk of butter, and up it soars to 140 calories. *If you eliminated just one pat of butter per day, it could add up to more than 8 pounds of body weight in one year.*

On the other side of the table rests a refreshing-looking bowl of mixed greens At 16 calories it couldn't be more harmless. A hand reaches over the bowl and drops 1 tablespoonful of salad oil on the greens. *This adds more than 100 calories. If you omitted 1 tablespoonful of salad oil per day, it would add up to more than 10 pounds of body weight per year.*

Gravy from pan drippings contains 40 per cent fat, with flour added. A tablespoonful amounts to almost 100 calories. *If you eliminated this twice a week, your annual budget would be reduced by over 10,000 calories, almost 3 pounds of that surplus body fat.*

[illegible]

fryer.

A cupful of spinach contains a slender 16 calories. In goes the butter, out comes the spinach at 96 calories.

How many women drop an artificial sweetener in their coffee, then fill the cup with cream? They have deprived themselves of a 16-calorie lump of sugar and added cream which totals 100 calories to the ounce. They would be much better off with the 16 calories of sugar and an ounce of milk, which amounts to 20 more calories.

Or take the unthinking meat eaters. Roast beef is only 12 per cent fat by weight, while pork is fully 30 per cent fat. The very leanest pork contains 350 calories to the portion, while the other cuts range up to 500 calories. Roast beef, leg

of lamb, and liver contain half the calories of pork, ham, stew, or fatty meat portions.

These are some of the hidden calories which are to blame for that oft-repeated, "I don't know why I'm gaining weight, I concentrate on vegetables and salads and avoid the rich foods."

ONE MEAL, TWO CALORIE COUNTS

The fact is that two people can eat the same dinner with one person consuming 500 more calories than the other. Here's how it may happen.

Two ladies, one slim, the other about thirty pounds overweight, visit a restaurant. They order the same dinner: soup, roast beef, two vegetables, salad, apple pie, and coffee.

The slender lady trims the fat portions of her meat, the large lady eats everything in sight. The slim one eats her vegetables plain and squeezes lemon juice over her salad. Her obese friend spreads a pat of butter on each vegetable and pours a liberal quantity of oil dressing on her salad. The little lady eats one slice of bread without butter while her large companion consumes two slices of buttered bread. Comes the dessert and coffee, and the pattern continues. Guess who has a pitcher of cream and two lumps of sugar and devours every shred of piecrust? You're absolutely right. Meanwhile the slender member of this twosome drinks black coffee and eats the apple filling without the piecrust.

Net difference in cost per meal: no dollars, no cents; in calories, about 500.

ARE YOU DRINKING YOUR CALORIES?

Among the easiest calories to forget are those contained in alcohol. There are 150 calories in 1½ ounces of whisky, 120 calories in the same amount of gin, and 120 calories in an 8-ounce glass of beer. Cocktails with small volume and high alcohol content put you in double jeopardy, since they

stimulate the gastric juices, leading to bigger and more troublesome eating. A highball is preferable to a drink "on the rocks," since it is greater in bulk and will fill up the drinker more quickly than a potent but short drink of whisky on ice. But the ginger-ale mixer adds thirty-five calories

What accompanies the drinks may be quite as deadly [illegible]

little potato chip is 17 per cent fat, 1 per cent water, and 82 per cent starch. Our portion totals 100 calories. The irresistible, effortless-to-eat peanuts add 50 more, for a total of 150 calories. Then we spot a celery stalk and, realizing that it contains virtually no calories, we snatch it up. But before we pop it into our mouth we flavor it just a trifle with a tablespoonful of that delicious cheese filling. Result: 150 more calories.

This book is not taking a stand on the merits or demerits of prohibition Certainly the less you drink the fewer calories you consume. In any event, you should be aware of the calorie count of your beverage. It's equally important to realize that at a cocktail party you can eat virtually unlimited quantities of unadorned celery, radishes, and carrots without adding calories.

Both husband and wife are prone to forget their tippling when they become aware of a suddenly developing paunch. But it is the lady of the house who is most apt to forget the between-meal socializing which rings up calories like a busy cash register.

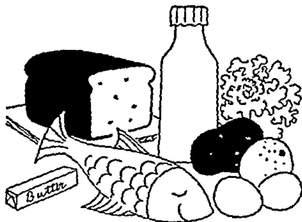
If she takes in an afternoon meeting of the League of Enlightened Parents she is quite likely to warm up with over [illegible] beverage. [illegible] from [illegible] istry.

Appendix A at the end of this book is a Calorie Counter for average portions of just about any food you can imagine.

This will help you to add and subtract foods from the reducing diet menus for all ages which will be presented in later pages.

Remember that there is a vast difference between the foods with highly concentrated calories and those which are virtually calorie-free.

You can add a pound of body weight by consuming a quart of whisky or a pound of butter. But you would have to eat 60 pounds of spinach or 19 pounds of oranges to gain the same amount of weight



8. Your Optimum Nutrition

You want to reduce your weight safely. At the same time you want to substitute better nutrition than you have ever enjoyed. So this is a two-pronged attack—while you eliminate excess weight you are taking positive steps to add the healthful foods you have neglected in the past.

It's just as important for you to understand your optimum nutrition as it was to understand the hidden calories discussed in the preceding chapter.

You are about to begin reducing and you may not realize that you *will require a balanced diet containing essential vitamins, minerals, and nutrients. Although you will cut down on your calories, you will not cut down on your protective foods.*

It may seem a contradiction in terms but it is a fact that many obese people are malnourished. Their eating habits have led them to calorie-rich, vitamin-poor foods.

Vegetable oils have no vitamin values. Gravies have very little. Candies, sugar-sweetened drinks, and refined sugars have virtually no vitamin content.

The overweight tend to eat highly concentrated vitamin-deficient foods between meals. This heightens the poverty of their diet, for they require adequate quantities of [illegible]

minerals in proper proportions to calories.

OPTIMUM NUTRITION

Optimum nutrition, instead of just adequate nutrition, can give each member more energy, tougher resistance to infection, and increased mental alertness and reproductive vitality.

Experiments conducted by Dr Henry C. Sherman and his associates at Columbia University demonstrated the importance of the balanced diet Dr Sherman used rats for his [illegible]

Dr Sherman's animals were divided into two groups. The first was fed Diet I, which was adequate for average growth These mice seemed to be satisfied fellows They lived reasonably healthy lives and reached a decent old age.

But the mice on Diet II were the lucky rats. Their diet contained more milk, so they were blessed with added amounts of calcium, vitamin A, riboflavin, and other nutrients. They grew more rapidly than their mousy friends of Diet I, became bigger, and gained weight more efficiently They reached sexual maturity earlier, reproduced for a longer period, and lived 10 per cent longer lives.

Dr. Sherman concluded that optimum nutrition, in contrast to adequate nutrition, can also increase the life expectancy of human beings.

The studies of Dr. J. B. Orr and Dr. J. L Gilks for the British Economic Advisory Council should further convince any doubters.

Drs. Orr and Gilks compared the health and development of two African tribes with similar environments but different dietary customs.

The children of Tribe M, whose diet contained relatively high amounts of protein, fat, and calcium, were much healthier than children of Tribe K, whose diet was high in carbohydrate and low in calcium.

Full-grown males of diet-rich Tribe M averaged 5 inches taller and 23 pounds heavier than those of Tribe K. Their muscular strength was fully 50 per cent greater. The women of Tribe M were 3 inches taller than those of Tribe K

Careful research has demonstrated that optimum nutrition results in greater stamina and working efficiency for the middle-aged For those in their sixties and seventies it may help to stave off degenerative diseases or slow their development.

A reducing diet need not be a nightmare of portions so small that the diner requires a microscope. The delightful truth is that you can eat large, healthy, tasty portions of the vital protective foods without increasing your body weight

THE BASIC SEVEN

Let's take a look at each of these key groups of foods, known popularly as The Basic Seven.

1. *Leafy Green and Yellow Vegetables*

You should have two servings each day. These vegetables are rich in vitamin A, which is important for growth and normal vision. Vitamin A also helps to keep the skin and linings of the nose, mouth, and inner organs in good condition

Vegetables also provide significant amounts of the im-

portant B vitamin riboflavin, as well as iron and some calcium.

Broccoli, brussels sprouts, cabbage, and greens offer an added bonus of vitamin C which is vital to body tissues A diet low in this vitamin may result in tender gums, swollen joints, and weakened muscles. Citrus fruits are our principal source of vitamin C, but the greens help, too.

2. Citrus Fruits, Tomatoes, Raw Cabbage

A portion of citrus fruit or tomatoes plus a second fruit each d
blood
ing of
C.

3 Potatoes, Other Vegetables, and Fruits

One serving of potatoes or sweet potatoes each day provides you with valuable nutrients White potatoes contain some vitamin C, while yellow sweet potatoes offer vitamin A as well

One daily serving of vegetables and fruits not included in other groups of The Basic Seven enriches your diet with vitamins and minerals Among these are beets, cauliflower, corn, cucumbers, onions, sauerkraut, turnips, white cabbage, apples, peaches, bananas, berries, and rhubarb.

4. Milk, Cheese, Ice Cream

Milk and cheese provide top proteins which help to build and renew tissues. Milk is our leading source of calcium and you cannot have a strong skeletal structure without this mineral. Calcium is not wasted. About ninety-nine per cent of it is utilized in your framework Three to four cups of milk as a drink or in food each day will provide you with the necessary amount Skim milk contains the same values as whole milk but slashes your calorie consumption from 165 per cup to 85 per cup.

The amount of calcium in one cup of milk can be

duplicated by 3 ounces of cream cheese, 11 ounces of cottage cheese, 1½ ounces of Cheddar cheese, or 2 to 3 scoops of ice cream. With the exception of cottage cheese, however, these are higher-calorie foods.

5. *Meat, Poultry, Fish, Eggs, Dried Peas and Beans*

Two servings each day should include meat, poultry, fish, or eggs. They provide high-quality protein, to say nothing of iron, which is essential for your red blood cells. In addition, they supply thiamine, riboflavin, and niacin, the B vitamins which aid your nerves, appetite, digestion, and skin. To top off their values, they offer vitamin A.

As for those dried peas and beans, you should include them once or twice a week for their protein, calcium, iron, and B vitamins.

6. *Bread, Flour, Cereals*

These *must* be whole-grain, enriched, or restored so that you do not lose their vitamin values. A daily helping will provide the necessary B vitamins. Foods in this group also help out with protein, provide roughage, and supply calories for vital energy in your reproductive years

Note carefully the allotted quantities of bread and cereal on the diet which applies to you in the next chapter.

7. *Butter and Fortified Margarine*

These are rich in vitamin A, which protects your eyes and skin and helps guard against infection. They are also rich in calories You should have some each day, but be sure *not to exceed the amount specified in your diet*

Your reducing diet will include foods from each of The Basic Seven groups, so you can see in advance that it won't be too difficult to stomach.

It must be reemphasized that optimum nutrition cannot be achieved when you consume calories without vitamins or minerals In a diet comprised of The Basic Seven you receive automatically adequate amounts of essential

vitamins and minerals. The vitamins enable the body to utilize its food most efficiently and keep its tissues in a healthy state. The minerals serve a variety of vital functions. We have discussed calcium, which is necessary for your skeletal structure. Here are a few others.

Iron and copper serve in the manufacture of blood. Magnesium plays a role in muscular contractions. Zinc is necessary in insulin reactions Cobalt is an important element in vitamin B_{12}, which is used successfully in the treatment of pernicious anemia.

You don't have to worry about the specific foods which contain these minerals—you can be assured that your needs will be met by the *Safe and Sure Diets*, each of which is rich in The Basic Seven.

EAT A BIG BREAKFAST

No discussion of your optimum nutrition would be complete without dispelling the widespread myths about [illegible] from [illegible] f your total daily calories at breakfast. Otherwise fatigue, irritability, dizziness, nausea, and headache can take over by midmorning

Strange as it may seem in this era of plenty, millions of American families eat inadequate breakfasts. Housewives and their teen-age daughters are the principal victims, but sons and husbands may show equally serious effects. Breakfast is the only meal that is regularly misused, abused, neglected, underrated, gulped, and eaten on the run. It is taken for granted, consumed grudgingly, and considered less important than commuter schedules, car pools, school buses, and time clocks.

But it is not less important—it is much *more* important. What's more, even if you're limited to a reducing diet you can eat a tasty, filling breakfast which will provide

energy for the morning and win your battle with temptation during the other meals.

Few homemakers consider the fact that their families have fasted eight to twelve hours from the dinner meal until breakfast the next morning This fast would not be tolerated during the day, but at night you sleep comfortably without symptoms of hunger. Yet even as you sleep, *your stomach is busy preparing for its next intake of food*

As one step in readying itself, the stomach secretes digestive juices. The presence of these gastric juices is demonstrated vividly by people who suffer from stomach ulcers Their condition makes them painfully aware of the accumulation of acids, *and often they awaken between* 1 and 3 AM with sharp hunger pangs. A glass of milk brings quick relief and enables them to sleep comfortably.

You secrete the same juices, though yours do not telegraph such urgent messages. When morning rolls around, your body is ready and waiting for a healthy breakfast. Its needs cannot be met by black coffee, or by fruit juice and coffee, or by coffee and a doughnut. As our *Safe and Sure Diets will show, a person who wants to reduce* can still consume fruit juice, cereal and milk, and coffee without overstepping the calorie bounds.

The most artful of all breakfast dodgers is the housewife like Helen W., who prepares no breakfast for herself but concentrates on her husband and children While the family is present she eats nothing, but when the last little W. goes off to school she begins her nibbling. For all her diet pretensions, *she can't bear to waste the food* her family's left. Instead of salving her conscience by refrigerating the remains for future use, she disposes of them in in-[illegible] before lunch. Her calorie intake far exceeds the [illegible] of breakfast.

[illegible] tells friends on the telephone, "I haven't had my *own* breakfast yet." She fails to add that she's had everyone else's.

Then there's the breed like Lilian R. She believes that

if she ignores breakfast she will lose weight rapidly. Instead of losing weight, Lilian gains lunch Having famished herself by omitting the 210 calories contained in fruit juice, an egg, toast, and coffee, she pounces on a double-rich lunch topped off by a 350-calorie slice of chocolate cake

A nutritious breakfast should contain liberal amounts of protein as in eggs, cheese, milk, and breakfast meats Your blood stream will receive end products of protein as much as *five to six hours* after breakfast. This "holding [illegible]

In the next chapter you will find breakfast guides for every member of your family You will note a simple rule for reducing diets—have either toast (unbuttered) *or* cereal with milk, not both!

Our consumption of coffee or tea is an almost unconscious habit, but actually it has purpose A hot drink is a feature of breakfast from the tropics to the arctic because it warms the innards and imparts a feeling of well-being It also stimulates the muscular contractions of the intestinal tract, inducing bowel action.

Every item in a healthy breakfast contributes important nutrients The fruit juice goes a long way toward fulfilling your daily vitamin-C requirement Whole-grain, enriched, or restored cereals (cooked or prepared dry) are energy foods offering B vitamins, iron, and minerals The milk in each cereal bowl is vital to every member of the family as his most important source of calcium—this goes for the old folks, too, and will help them preserve strong bones. Eggs contain high-grade proteins, vitamins, and minerals. Bacon, sausage, and ham offer high-quality protein and good-quality fat. Whole-grain or enriched bread or toast provides B vitamins and minerals, and the milk solids of enriched white bread contribute more calcium.

It is not only the housewife who suffers from an inade-

tennis players who perform these sports ten hours or more weekly.

The tables for men are divided similarly. Light workers include the great white collar group, consisting of desk workers of every description; automatic machine operators, chauffeurs, salesmen; farmers in all but harvest and planting seasons; elevator operators; painters; and others in like occupations.

THE CALORIES YOU WORK

WOMEN

Light workers, including housewives, office workers, operators of automatic machines, sales clerks, nurses, etc.

height	*age*			
	16–19	20–29	30–49	50 and over
4′8″	1960	1860	1560	1360
5′0	2080	1980	1680	1480
5′2″	2200	2100	1800	1600
5′4″	2320	2220	1920	1720
5′6″	2440	2340	2040	1840
5′8″	2560	2460	2160	1960
5′10″	2680	2580	2280	2080
6′0	2800	2700	2400	2200

Heavy and moderately heavy workers, including waitresses, scrub women, professional dancers, professional athletes

4′8″	2160	2060	1860	1560
5′0	2280	2180	1980	1680
5′2″	2400	2300	2100	1800
5′4″	2520	2420	2220	1920
5′6″	2640	2540	2340	2040
5′8″	2760	2660	2460	2160
5′10″	2880	2780	2580	2280
6′0	3000	2900	2700	2400

THE CALORIES YOU WORK

MEN

Light workers, including white collar workers, automatic machine operators, chauffeurs, salesmen, farmers in all but harvest and planting seasons, elevator operators, painters, etc.

height	*age*			
	16–19	20–29	30–49	50 and over
5'0	2760	2160	1860	1560
5'2"	2920	2320	2020	1720
5'4"	3080	2480	2180	1880
5'6"	3240	2640	2340	2040
5'8"	3400	2800	2500	2200
5'10"	3560	2960	2660	2360
6'0	3720	3120	2820	2520
6'2"	3880	3280	2980	2680
6'4"	4040	3440	3140	2840

Heavy and moderately heavy workers, including waiters, miners, longshoremen and stevedores, mail carriers on foot, professional athletes, farmers during peak planting and harvesting seasons.

5'0	3160	2560	2260	1860
5'2"	3320	2720	2420	2020
5'4"	3480	2880	2580	2180
5'6"	3640	3040	2740	2340
5'8"	3800	3600	2900	2500
5'10"	3960	3360	3060	2660
6'0	4120	3520	3220	2820
6'2"	4280	3680	3380	2980
6'4"	4440	3840	3540	3140

tennis players who perform these sports ten hours or more weekly.

[illegible]

chauffeurs, salesmen; farmers in all but harvest and planting seasons; elevator operators; painters, and others in like occupations.

THE CALORIES YOU WORK

WOMEN

Light workers, including housewives, office workers, operators of automatic machines, sales clerks, nurses, etc.

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	16–19	20–29	30–49	50 and over
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THE CALORIES YOU WORK

MEN

Light workers, including white collar workers, automatic machine operators, chauffeurs, salesmen, farmers in all but harvest and planting seasons, elevator operators, painters, etc.

height	*age* 16–19	20–29	30–49	50 and over
5'0	2760	2160	1860	1560
5'2"	2920	2320	2020	1720
5'4"	3080	2480	2180	1880
5'6"	3240	2640	2340	2040
5'8"	3400	2800	2500	2200
5'10"	3560	2960	2660	2360
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Heavy and moderately heavy workers, including waiters, miners, longshoremen and stevedores, mail carriers on foot, professional athletes, farmers during peak planting and harvesting seasons.

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5'4"	3480	2880	2580	2180
5'6"	3640	3040	2740	2340
5'8"	3800	3600	2900	2500
5'10"	3960	3360	3060	2660
6'0	4120	3520	3220	2820
6'2"	4280	3680	3380	2980
6'4"	4440	3840	3540	3140

*800-calorie Diet *—Effective for 700 to 900 Calories*

Menu Pattern

BREAKFAST:

Unsweetened fruit or juice, 1 *portion*
Egg, 1
Whole-wheat or enriched white bread, 1 slice, no butter
Skim milk, ½ cup
Coffee, if desired (no sugar)

LUNCH.

Lean meat, fish, chicken, or cheese, 2 oz
Salad, 1 portion
Whole-wheat or enriched white bread, ½ slice, no butter
Unsweetened fruit, 1 portion
Skim milk, ½ cup
Coffee or tea, if desired (no sugar)

SUPPER

Fat-free broth, bouillon, or consommé
Meat, fish, chicken, or cheese, 2 oz.
Salad or vegetable juice, 1 portion
Vegetable, 1 portion
Whole-wheat or enriched white bread, ½ slice, no butter
Unsweetened fruit, 1 portion
Skim milk, 1 cup
Coffee or tea, if desired (no sugar)

* The 800-calorie diet is less simple to prepare than others so you will find twelve additional 800-calorie diets listed in Appendix D at the end of the book.

800-calorie Diet (Cont.)

Sample Menu

BREAKFAST:
- Grapefruit, ½
- Poached egg, 1
- Whole-wheat toast, 1 slice, no butter
- Skim milk, ½ cup
- Coffee, if desired (no sugar)

LUNCH:
- Salad plate:
- Cottage cheese, ½ cup
- Lettuce and tomato
- Whole-wheat bread, ½ slice, no butter
- Baked apple (unsweetened), 1 medium
- Skim milk, ½ cup
- Coffee or tea, if desired (no sugar)

SUPPER:
- Fat free bouillon
- Hamburger patty, 1
- Coleslaw with vinegar
- Peas, ½ cup
- Whole-wheat bread, ½ slice, no butter
- Cantaloupe, ¼
- Skim milk, ½ cup
- Coffee or tea, if desired (no sugar)

1200-calorie Diet—Effective for 1100 to 1300 Calories

Menu Pattern

BREAKFAST:

Unsweetened fruit or juice, 1 portion
Egg, 1
Whole-wheat or enriched white bread, 1 slice, no butter
Milk, ½ cup
Coffee or tea, if desired (no sugar)

LUNCH:

Meat, fish, chicken, or cheese, 2 oz.
Salad, 1 portion
Leafy green or yellow vegetable, 1 portion
Whole-wheat or enriched white bread, 1 slice, no butter
Unsweetened fruit, 1 portion
Milk, ½ cup
Coffee or tea, if desired (no sugar)

SUPPER:

Meat, fish, chicken, or cheese, 3 oz.
Salad or vegetable juice, 1 portion
Vegetable, 1 portion
Whole-wheat or enriched white bread, 1 slice, no butter
Unsweetened fruit, 1 portion
Milk, 1 cup
Coffee or tea, if desired (no sugar)

1200-calorie Diet (*Cont.*)

Sample Menu

BREAKFAST:
- Grapefruit juice, ½ cup
- Poached egg, 1
- Whole-wheat toast, 1 slice, no butter
- Milk, ½ cup
- Coffee (no sugar)

LUNCH
- Broiled flounder, 2 oz., with lemon wedge
- Asparagus tips on lettuce with pimento garnish
- Beets, ½ cup
- Whole-wheat bread, 1 slice, no butter
- Peach, 1
- Milk, ½ cup
- Tea (no sugar)

SUPPER:
- Rib lamb chops, 2
- Tossed vegetable salad, 1 portion
- Baked acorn squash, ½ cup
- Whole-wheat bread, 1 slice, no butter
- Applesauce (unsweetened) ½ cup
- Milk, 1 cup

1400-calorie Diet—Effective for 1300 to 1500 Calories

Menu Pattern

BREAKFAST:

Unsweetened fruit or juice, 1 portion
Egg, 1
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Milk, ½ cup
Coffee or tea, if desired (no sugar)

LUNCH:

Lean meat, fish, chicken, or cheese, 3 oz.
Salad, 1 portion
Leafy green or yellow vegetable, 1 portion
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Unsweetened fruit, 1 portion
Milk, ½ cup
Coffee or tea, if desired (no sugar)

SUPPER:

Lean meat, fish, chicken, or cheese, 3 oz.
Salad, 1 portion
Vegetable, 1 portion
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Unsweetened fruit, 1 portion
Milk, 1 cup
Coffee or tea, if desired (no sugar)

1400-calorie Diet (*Cont.*)

Sample Menu

BREAKFAST:
- Stewed prunes, 2
- Soft-cooked egg, 1
- Whole-wheat toast, 1 slice
- Butter, 1 pat
- Milk, ½ cup
- Coffee or tea, if desired (no sugar)

LUNCH:
- Salad plate:
  - Tuna fish, 2 oz
  - Hard-cooked egg, 1
  - Lettuce and tomato
- Carrot sticks, ½ cup
- Whole-wheat bread, 1 slice
- Butter, 1 pat
- Pear, 1
- Milk, ½ cup
- Coffee or tea, if desired (no sugar)

SUPPER:
- Roast beef, 4 oz.
- Relishes—celery, radishes
- Turnip, ½ cup
- Whole-wheat bread, 1 slice
- Butter, 1 pat
- Cantaloupe, ¼
- Milk, 1 cup
- Coffee or tea, if desired (no sugar)

1600-calorie Diet—Effective for 1500 to 1700 Calories

Menu Pattern

BREAKFAST:

Fruit or juice, 1 portion
Egg, 1
Whole-wheat bread or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Milk, ½ cup
Coffee, 1 tsp. sugar

LUNCH

Lean meat, fish, chicken, or cheese, 3 oz.
Salad, 1 portion, ½ cup
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Sweetened fruit, 1 portion
Milk, ½ cup
Coffee or tea, 1 tsp. sugar

SUPPER:

Lean meat, fish, chicken, or cheese, 4 oz.
Vegetable, 2 portions
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Sweetened fruit, 1 portion
Milk, 1 cup
Coffee or tea, 1 tsp. sugar

1600-calorie Diet (Cont.)

Sample Menu

BREAKFAST:
- Grapefruit sections, ½ cup
- Cooked egg, 1
- Whole-wheat toast, 1 slice
- Butter, 1 pat
- Milk, ½ cup
- Coffee, 1 tsp sugar

LUNCH:
- Salmon, 3 oz
- *Tossed vegetable salad*
- Whole-wheat bread, 1 slice
- Butter, 1 pat
- Stewed peaches, 2 halves
- Milk, ½ cup
- Coffee, 1 tsp. sugar

SUPPER
- Steak, 4 oz.
- Spinach, ½ cup
- Carrots, ½ cup
- Whole wheat bread, 1 slice
- Butter, 2 pats
- Stewed pears, 2 halves
- Milk, 1 cup
- Coffee or tea, 1 tsp sugar

2000-calorie Diet—*Effective for 1900 to 2100 Calories*

Menu Pattern

BREAKFAST:
Fruit or juice, 1 portion
Egg, 1
Cereal, 1 portion, with 1 tsp. sugar
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Milk, 1 cup
Coffee, 1 tsp sugar

LUNCH:
Lean meat, fish, chicken, cheese, 4 oz.
Salad, 1 portion, salad dressing, 1 tsp.
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Sweetened fruit, 1 portion
Milk, 1 cup
Coffee or tea, 1 tsp sugar

SUPPER:
Lean meat, fish, chicken, cheese, 4 oz.
Potato, rice, or noodles, 1 portion
Vegetable, 1 portion
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 2 pats
Cake, pie, ice cream, or milk pudding
Coffee or tea, 1 tsp. sugar

2000-calorie Diet (*Cont.*)

Sample Menu

BREAKFAST:

Orange juice, ½ cup
Egg, 1
Oatmeal, ½ cup, with 1 tsp sugar
Whole-wheat bread, 1 slice
Butter, 1 pat
Milk, 1 cup
Coffee, 1 tsp sugar

LUNCH:

Hamburger patties, 2
Lettuce and tomato salad, 1 tsp mayonnaise
Whole-wheat bread, 1 slice
Butter, 1 pat
Banana, 1, small
Milk, 1 cup

SUPPER:

Fat-free bouillon
Roast veal, 4 oz.
Noodles, ½ cup
Beets, ½ cup
Whole-wheat bread, 1 slice
Butter, 2 pats
Blueberry pie
Coffee or tea, 1 tsp. sugar

2200-calorie Diet—Effective for 2100 to 2300 Calories

Menu Pattern

BREAKFAST:

Fruit or juice, 1 portion
Egg, 1
Cereal, 1 portion, with 1 tsp. sugar
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Milk, 1 cup
Coffee, 1 tsp. sugar, 1 tbsp. light cream

LUNCH.

Lean meat, fish, chicken, cheese, 4 oz.
Salad, 1 portion, French dressing, 1 tbsp.
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 1 pat
Sweetened fruit, 1 portion
Milk, 1 cup
Coffee or tea, 1 tsp. sugar

SUPPER:

Lean meat, fish, chicken, or cheese, 4 oz.
Potato, rice, noodles, 1 portion
Salad or vegetable juice
Vegetable, 1 portion
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 2 pats
Cake, pie, ice cream, milk pudding
Milk, 1 cup
Coffee or tea, 1 tsp. sugar

2200-calorie Diet (Cont.)

Sample Menu

BREAKFAST:
- Grapefruit sections, ½ cup
- Cornflakes, ¾ cup, with 1 tsp sugar
- Poached egg
- Whole wheat toast, 1 slice
- Butter, 1 pat
- Milk, 1 cup
- Coffee, 1 tsp. sugar, 1 tbsp light cream

LUNCH:
- Baked salmon, 4 oz.
- Tossed salad, 1 tbsp. French dressing
- Whole-wheat bread, 1 slice
- Butter, 1 pat
- Frozen strawberries, ½ cup
- Milk, 1 cup
- Tea, 1 tsp sugar

SUPPER:
- Mixed vegetable juice, ½ cup
- Broiled liver, 4 oz
- Mashed potatoes with paprika, ½ cup
- Onions, ½ cup
- Whole wheat bread, 1 slice
- Butter, 2 pats
- Coconut-cream pie
- Milk, 1 cup
- Coffee, 1 tsp. sugar

2400-calorie Diet—Effective for 2300 to 2500 Calories

Menu Pattern

BREAKFAST:

Fruit or juice, 1 portion
Egg, 1
Cereal, 1 portion, with 1 tsp. sugar
Whole-wheat or enriched white bread, 2 slices
Butter or fortified margarine, 1 pat
Coffee, 1 tsp. sugar, 1 tbsp. light cream

LUNCH:

Lean meat, fish, chicken, cheese, 4 oz.
Salad, 1 portion, mayonnaise, 1 tsp.
Whole-wheat or enriched white bread, 2 slices
Butter or fortified margarine, 1 pat
Sweetened fruit, 1 portion
Milk, 1 cup
Coffee or tea, 1 tsp sugar

SUPPER:

Lean meat, fish, chicken, or cheese, 4 oz.
Potato, rice, noodles, 1 portion
Vegetable, 2 portions
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 2 pats
Cake, pie, ice cream, milk pudding
Milk, 1 cup
Coffee or tea, 1 tsp. sugar

EVENING SNACK: Fruit, 1 portion

2400-calorie Diet (*Cont*)

Sample Menu

BREAKFAST:
Cantaloupe, ¼, medium
Farina, ½ cup, with 1 tsp sugar
Whole-wheat toast, 2 slices
Butter, 1 pat
Milk, 1 cup
Coffee, 1 tsp sugar, 1 tbsp. light cream

LUNCH
Sandwich:
Hard-cooked eggs chopped, 2
Mayonnaise, 1 tsp.
Whole-wheat bread, 2 slices
Butter, 1 pat
Tomato stuffed with cottage cheese, ½ cup, on lettuce leaf
Stewed greengage plums, 2
Milk, 1 cup
Tea, 1 tsp sugar

SUPPER:
Veal chop, 1 medium, trim fat
Steamed potato, 1 medium
String beans, ½ cup
Carrots, ½ cup
Whole-wheat bread, 1 slice
Butter, 2 pats
Layer cake, 1 slice
Milk, 1 cup
Coffee, 1 tsp. sugar

EVENING SNACK: Apple, 1, medium

2600-calorie Diet—Effective for 2500 to 2700 Calories

Menu Pattern

BREAKFAST:
- Fruit or juice, 1 portion
- Egg, 1
- Cereal, 1 portion, with 1 tsp. sugar
- Whole-wheat or enriched white bread, 2 slices
- Butter or fortified margarine, 1 pat
- Milk, 1 cup
- Coffee, 1 tsp. sugar, 1 tbsp. light cream

LUNCH:
- Cream soup, 1 portion
- Lean meat, fish, chicken, cheese, 4 oz.
- Salad, 1 portion, mayonnaise, 1 tsp.
- Whole-wheat or enriched white bread, 2 slices
- Butter or fortified margarine, 1 pat
- Sweetened fruit, 1 portion
- Milk, 1 cup
- Coffee or tea, 1 tsp sugar

SUPPER:
- Lean meat, fish, chicken, or cheese, 4 oz.
- Potato, rice, noodles, 1 portion
- Salad or vegetable juice
- Vegetable, 1 portion
- Whole-wheat or enriched white bread, 1 slice
- Butter or fortified margarine, 2 pats
- Cake, pie, ice cream, milk pudding
- Milk, 1 cup
- Coffee or tea, 1 tsp sugar

EVENING SNACK Fruit, 1 portion

2600-calorie Diet (*Cont.*)

Sample Menu

BREAKFAST:
- Pineapple juice, ½ cup
- Shredded Wheat biscuit, 1, with 1 tsp sugar
- Poached egg, 1
- Whole-wheat toast, 2 slices
- Butter, 1 pat
- Milk, 1 cup
- Coffee, 1 tsp sugar, 1 tbsp. light cream

LUNCH:
- Cream of mushroom soup
- Cheese omelet: eggs, 2
cheese, 2 oz.
- Lettuce wedge, 1 tsp. mayonnaise
- Whole-wheat bread, 2 slices
- Butter, 1 pat
- Stewed cherries
- Milk, 1 cup
- Tea, 1 tsp sugar

SUPPER:
- Tomato juice
- Pot roast of beef, 4 oz.
- Noodles, ½ cup
- Parslied carrots, ½ cup
- Whole wheat bread, 1 slice
- Butter, 2 pats
- Chocolate pudding
- Milk, 1 cup
- Coffee, 1 tsp sugar

EVENING SNACK: Peach, 1

2800-calorie Diet—Effective for 2700 to 2900 Calories

Menu Pattern

BREAKFAST:
Fruit or juice, 1 portion
Cereal, 1 portion, with 1 tsp. sugar
Egg, 1
Whole-wheat or enriched white bread, 2 slices
Butter or fortified margarine, 1 pat
Jam, jelly, or honey, 2 tsp.
Milk, 1 cup
Coffee, 1 tsp. sugar, 1 tbsp. light cream

LUNCH:
Cream soup, 1 portion
Lean meat, fish, chicken, cheese, 4 oz.
Salad, 1 portion, mayonnaise, 1 tsp.
Whole-wheat or enriched white bread, 2 slices
Butter or fortified margarine, 1 pat
Sweetened fruit, 1 portion
Milk, 1 cup
Coffee or tea, 1 tsp. sugar

MIDAFTERNOON: Milk, 1 cup

SUPPER:
Lean meat, fish, chicken, or cheese, 4 oz.
Potato, rice, noodles, 1 portion
Vegetable, 2 portions
Whole-wheat or enriched white bread, 1 slice
Butter or fortified margarine, 2 pats
Cake, pie, ice cream, milk pudding
Milk, 1 cup
Coffee or tea, 1 tsp. sugar

EVENING SNACK. Fruit, 1 portion

2800-calorie Diet (*Cont.*)

Sample Menu

BREAKFAST:
- Orange juice, ½ cup
- Oatmeal, ½ cup, with 1 tsp. sugar
- Cooked egg, 1
- Whole wheat toast, 2 slices
- Butter, 1 pat
- Strawberry jam, 2 tsp.
- Milk, 1 cup
- Coffee, 1 tsp. sugar, 1 tbsp. light cream

LUNCH:
- Cream of celery soup
- Sandwich:
  - Chicken, 4 oz.
  - Lettuce
  - Whole wheat bread, 2 slices
  - Butter, 1 pat, mayonnaise, 1 tsp.
- Stewed peaches, 2 halves
- Milk, 1 cup   Tea, 1 tsp. sugar

MIDAFTERNOON: Milk, 1 cup

SUPPER:
- Meat loaf, 4 oz.
- Mashed potato, ½ cup
- Cauliflower, ½ cup
- Peas, ½ cup
- Whole wheat bread, 1 slice
- Butter, 2 pats
- Iced angel food cake
- Milk, 1 cup   Coffee, 1 tsp. sugar

EVENING SNACK: Pear, 1

3000-calorie Diet—Effective for 2900 to 3100 Calories

Menu Pattern

BREAKFAST:

Fruit or juice, 1 portion
Cereal, 1 portion, with 1 tsp. sugar
Egg, 1
Whole-wheat or enriched white bread, 2 slices
Butter or fortified margarine, 2 pats
Jam, jelly, or honey, 2 tsp.
Milk, 1 cup
Coffee, 1 tsp sugar, 1 tbsp. light cream

LUNCH:

Cream soup, 1 portion
Lean meat, fish, chicken, cheese, 4 oz.
Salad, 1 portion, mayonnaise, 1 tsp
Whole-wheat or enriched white bread, 2 slices
Butter or fortified margarine, 2 pats
Sweetened fruit, 1 portion
Milk, 1 cup
Coffee or tea, 1 tsp. sugar

MIDAFTERNOON: Milk, 1 cup, cookie, 1

SUPPER:

Lean meat, fish, chicken, cheese, 4 oz.
Potato, rice, noodles, 1 portion
Vegetable, 2 portions
Whole-wheat or enriched white bread, 2 slices
Butter or fortified margarine, 2 pats
Cake, pie, ice cream, milk pudding
Milk, 1 cup
Coffee or tea, 1 tsp. sugar

EVENING SNACK: Fruit, 1 portion

3000-calorie Diet (Cont.)

Sample Menu

BREAKFAST:
Grapefruit, ½
Rice Krispies, ¾ cup, with 2 tsp. sugar
Cooked egg, 1
Whole-wheat toast, 2 slices   Butter, 2 pats
Grape jelly, 2 tsp
Milk, 1 cup
Coffee, 1 tsp sugar, 1 tbsp. light cream

LUNCH:
Cream of tomato soup with crackers, 4
Cold plate:
Cold cuts, 2 oz.
Swiss cheese, 2 oz
Celery and carrot curls
Mayonnaise, 1 teaspoon
Whole-wheat bread, 2 slices
Butter, 2 pats
Stewed prunes, 2
Milk, 1 cup   Tea with 1 tsp sugar

MIDAFTERNOON: Milk, 1 cup, chocolate cookie, 1

SUPPER:
Roast turkey, 4 oz.
Rice, ½ cup
Broccoli, ½ cup
Beets, ½ cup
Whole wheat bread, 2 slices
Butter, 2 pats
Butter pecan ice cream
Milk, 1 cup   Coffee, 1 tsp. sugar

EVENING SNACK: Apple, 1

SUBSTITUTES ON YOUR DIET

You will find a long list of substitute foods on pages 87 to 89. These substitutes will not affect either the calorie balance or the nutritional value of your *Safe and Sure Diet* They are designed to bring variation and pleasure to your meals, to make your weight loss as painless as possible. They include foods available at all times of the year They allow you to cater to your personal preference without disrupting your steady weight loss.

Let's see how the substitutions work. We'll take the breakfast of the 800-calorie diet as our example

The menu pattern calls for unsweetened fruit or juice. The list of substitute fruits on page 89 indicates that you can select ½ cup of blueberries, or ½ cup of orange juice, or ½ of a small sliced banana, or the listed quantity of any other substitute fruit without affecting your 800-calorie diet.

As a change from the one egg mentioned in the menu pattern you can select any item in the substitute list on page 88 headed In Place of One Egg This could be three strips of crisp bacon or 1 ounce of any of the cheeses listed.

Instead of the slice of whole-wheat or enriched white bread mentioned in the menu plan, you might choose a [illegible] headed In Place of [illegible] crackers, [illegible] lba toast [illegible] If you prefer cereals, you can choose ½ cup of the cooked variety or any listed portion of one of the prepared cereals

The 800-calorie diet is the lowest one offered and therefore presents us with the least variety. But even with this diet your breakfast can vary from

½ grapefruit
1 boiled egg
1 slice of dry toast
coffee with skim milk

to

½ cup orange juice
⅔ individual package of Corn Flakes with skim milk
3 strips of crisp bacon
coffee

The same method of substitution enables you to vary every meal in every diet pattern.

Now you're ready to go to it. Pick up the diet that comes closest to the number you got by subtracting 1000 calories from your daily expenditure Begin your *Safe and Sure Diet* by going over the menu pattern, the two sample menus, and the substitutions listed at the end of this chapter Appendix A at the end of this book is a Calorie Counter, which lists the calorie values of virtually every food. Appendix B is a convenient table, 100-calorie Portions of Foods, which will simplify your diet substitutions

SUBSTITUTE FOODS for Your Safe and Sure Diet

In Place of One Slice of Bread (65 CALORIES) or *One Serving of Fruit*

3 soda crackers or Uneeda Biscuits
6 Saltines
2½ Graham Crackers
10 cheese crackers minus 1 tsp. butter
7 Ritz Crackers minus 1 tsp. butter
8 Slices Melba toast
3 slices Zwieback
2 small baking powder biscuits
1 2 in sq. corn bread
1 plain muffin (2 in. diameter)
1 waffle, avg size, minus 1 tsp. butter

4 oblong Ry-krisp
⅔ square matzoth
4 Triscuits, National Biscuit Company
½ cup cooked breakfast cereal
½ cup or ⅔ individual pkg. Bran Flakes, Kellogg
⅔ cup or ⅔ individual pkg. Corn Flakes, Kellogg
½ cup or ⅔ individual pkg. Krumbles, Kellogg
½ cup or ⅔ individual pkg. Pep, Kellogg
⅔ cup or ⅔ individual pkg. Rice Krispies, Kellogg
1 Shredded Wheat biscuit or ½ individual pkg. Kellogg
⅔ cup or ⅔ individual pkg Wheat Krispies, Kellogg
1 cup or 1 individual pkg. Puffed Rice, Quaker
1 cup or 1 individual pkg Puffed Wheat, Quaker
½ cup cooked macaroni, spaghetti, or noodles
⅓ cup cooked rice
1 small potato
1½ cups potato chips. Subtract 1 avg. pat (2 level tsps.) butter
5 med. pretzels
1 cup unbuttered popcorn

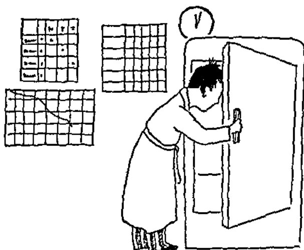
In Place of One Egg (75 CALORIES)
1 oz meat
1 oz fresh fish, canned tuna, or canned salmon
1 oz. fowl
3 strips bacon
1 oz. Cheddar, Munster, Swiss, Roquefort, or Edam cheese
1 oz. (1 heaping tbsp.) cottage, loose, or pot cheese
6 med. oysters
4 large shrimps
6 med. clams
1 large or 3 small sardines
2 tbsp flaked lobster

Fresh Fruits

Portions of Fruit Equal in Calories (65 CALORIES) *to One Slice of Bread*

Fruits may be eaten fresh or cooked without adding sugar. To cook or bake a serving of fruit, measure it raw. Add water and cook. The juice as well as the fruit may be used. Dried fruits contain a large amount of sugar and should be avoided.

Apple	½ med.	Limes, sweet	3 med.
Apricots	2 med.	Loganberries	1 cup
Banana	½ small	Mangoes	½ med.
Blackberries	½ cup	Mulberries	⅔ cup
Blueberries	½ cup	Orange	1 med.
Cantaloupe	½ med.	Orange juice	½ cup
Cherries, sweet	10	Peach	1 med.
Cranberries	1 cup	Pear	½ med
Currants	½ cup	Persimmon	½ med
Figs, fresh	2 med.	Pineapple	1 slice, ½-in thick
Gooseberries	¾ cup		
Grape juice	⅓ cup		
Grapefruit	½ med	Pineapple juice	½ cup
Grapefruit juice	½ cup	Plums	3 med.
Grapes	15–20	Pomegranates	¼, 6¼-in. diameter
Guavas, fresh	2 small		
Honeydew melon	3 in wedge from 7-in. melon	Raspberries	1 cup
		Strawberries	1 cup
		Tangerines	2 med.
Kumquats	4 med	Watermelon	⅛ whole
Lemons	2 med		



10. Tips on Reducing

A weight loss of about two pounds a week is your safest, surest method of reducing to your most desirable weight. Thus it should take you ten weeks to lose 20 pounds, fifteen weeks to lose 30 pounds, and twenty weeks to reduce by 40 pounds.

If you lose an average of less than 2 pounds a week, you are not sticking to your diet or you have not located yourself correctly in The Calories You Work table on pages 58 and 60 If you lose an average of more than 2 pounds a week, you are not eating as much as your *Safe and Sure Diet* permits or you have not located yourself correctly in The Calories You Work table.

This does *not* mean that you should expect a 2-pound change every week Before launching your diet you should become aware of some of the peculiarities of dieting.

DIETS CAN BE DECEPTIVE

[illegible]

take from a week to a month for their water balance to correct itself automatically Medical journals have reported cases in which there was no weight loss for a month, followed by *an 8- to 10-pound loss in a few days.*

Don't be discouraged by the apparent failure of your diet—and don't be too delighted by a sudden loss of weight. Some people lose 8 to 10 pounds during the first week of dieting because of mild acidosis. This causes the loss of large amounts of water As has been pointed out repeatedly, weight fluctuations because of the presence of water are unimportant

If you weigh yourself after you perspire, you may think [illegible]

water balance will restore your weight to what it was before you perspired

That is one of the reasons why it is suggested that you weigh yourself only once a week while dieting. First draw [illegible]

forgotten. A sample chart is given below for your convenience Now weigh yourself just before breakfast on the same day of each week and enter it on the chart. Your weight loss should average out to approximately two pounds per week.

[illegible]

weight fluctuations caused by water in your body.

WEIGHT CHART

My diet began ____________

I weighed ____________ lb.

My desirable weight is ____________ lb.

I will lose ____________ lb.

My weighing-in day is ____________

My weight after

First week ________	Eleventh week ________
Second week ________	Twelfth week ________
Third week ________	Thirteenth week ________
Fourth week ________	Fourteenth week ________
Fifth week ________	Fifteenth week ________
Sixth week ________	Sixteenth week ________
Seventh week ________	Seventeenth week ________
Eighth week ________	Eighteenth week ________
Ninth week ________	Nineteenth week ________
Tenth week ________	Twentieth week ________

HUNGER PANGS

For the first ten days or so of your diet you may feel occasional hunger pangs. These will not be severe because you are eating three healthy meals each day. Nevertheless you may be concerned about them. Here are some of the things you can do for relief.

You can chew celery stalks and radishes between meals These will help to fill you without adding a significant number of calories. If you are a candy eater, an occasional gumdrop will enable you to continue your habit without ruining your diet. That's because gum arabic has no calorie value and the few crystals of sugar are not sufficient to disrupt your descent to slimness. ... may

of the sandwich or cake which added calories in the past.

Within ten days of the time you begin your *Safe and Sure Diet*, your hunger pangs will disappear. Your conditioned reflexes will have adjusted to your new and healthier way of living, and you will find that even the slight strain of the first days has vanished.

EAT UNLIMITED AMOUNTS OF THESE FOODS

If, for any reason, you feel the need for more food than your diet permits, here is a whole group of vegetables which can be eaten in *unlimited* amounts without disturbing your diet:

Asparagus	Leeks
Beans, string (green and wax)	Mustard greens
Beet greens	Pepper, green
Broccoli	Poke shoots
Cabbage	Radishes
Cabbage, Chinese or celery	Romaine lettuce
Cauliflower	Sauerkraut
Celery	Sea kale
Chard	Sorrell
Chicory leaves	Spinach
Chives	Squash, summer
Collards	Tomato juice
Cucumbers	*Tomatoes*
Dock	Turnip tops
Endive	Vegetable marrow
Fennel	Water cress

WATCH THOSE MEALS BETWEEN MEALS

Your between meal activities are as important to the success of your *Safe and Sure Diet* as your habits at the dining table. Peanuts and canapés, the hot dogs you nibble unconsciously as you watch a ball game, the snacks you munch

before your TV set, and the sinister drinks at the nineteenth hole, these are the villains that are out to wreck your diet.

Sugar-rich soft drinks can also upset your pattern. Substitute tomato juice, not fruit juices.

Between-meal fruits, innocent as they sound, are also hazardous. There are more calories in a moderate-sized apple than in a slice of bread. And a handful of cherries, comprising 20 per cent sugar, supplies enough energy for a mile walk Of course if you don't walk the mile, you store the energy as fat.

As the family cook, the wife plays a key role in her own and her husband's successful dieting. She should set aside portions of vegetables for those dieting before adding butter for the rest of the family. Portions of salad should be separated before adding the calorie-rich dressing Put aside the *boiled potatoes before saturating them in butter and milk* Gravy should be kept in its own boat instead of launching everyone on the sea of obesity.

As for apple pie, let the dieters scrape the apples from the crust *Piecrust is for folk without paunches,* but everyone can enjoy the apples.

Safe and Sure Diets permit all members of the family to eat the same basic foods, whether they are dieting or not. [illegible] rich accessories. [illegible] hole family [illegible] sting rather than frying them. The Calorie Counter at the end of this book will help you to choose meats which do not abound in extra calories.

HINTS FOR LOW-CALORIE COOKERY

Calorie tables, such as the Calorie Counter at the end of this book, list the number of calories contained *in the* food *before* cooking, unless they specify otherwise. Remember that for every teaspoonful of butter, oil, or fat added in the cooking you are adding 45 calories. For every teaspoonful of sugar used in cooking fruits you are adding 16 calories,

and when you casually use one-half cup of flour to thicken your gravy you are adding 200 calories to thicken your physique.

To keep your calorie count low try not to add fats, oils, sugar, or flour. Let your bywords be broiling, boiling, stewing, steaming, pressure cooking, baking, or roasting.

Have you ever considered the difference between the various types of broiling?

If you pan broil meat, it reabsorbs its fat drippings to a [illegible]

the pan, lessening the calorie content of the meat

The double boiler can be an unsung hero in your reducing diet. It enables you to scramble eggs without using butter and hence to diversify your breakfast menus

On the next pages you will find recipes for low-calorie eye catchers. These are made with the artificial sweeteners, Sweeta and Sucaryl They have valuable functions when used with moderation, but their excessive use is not encouraged

These dishes have the eye appeal of high-calorie desserts and dressings *This does not mean, however, that they will satisfy you in the same way*

It is suggested that you reserve them for party and special occasions. If you are overweight, your eating habits need a reeducation If the following preparations ease the strain of your reeducation they perform a valuable service —but the sooner you can discard them entirely the sooner you will reach *and maintain* your desirable weight.

LOW-CALORIE EYE CATCHERS

VANILLA ICE CREAM

1½ cup skim milk	1 tsp unflavored gelatin
1 tbsp. Sucaryl solution	2 tsp. vanilla
2 eggs, separated	Few grains salt

before your TV set, and the sinister drinks at the nineteenth hole, these are the villains that are out to wreck your diet

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As for apple pie, let the dieters scrape the apples from the crust. Piecrust is for folk without paunches, but everyone can enjoy the apples.

Safe and Sure Diets permit all members of the family to eat the same basic foods, whether they are dieting or not. Those who are slimming down just omit the rich accessories.

The housewife can help herself and her whole family by selecting lean meats and by broiling or roasting rather than frying them. The Calorie Counter at the end of this book will help you to choose meats which do not abound in extra calories.

HINTS FOR LOW-CALORIE COOKERY

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To keep your calorie count low try not to add fats, oils, sugar, or flour. Let your bywords be broiling, boiling, stewing, steaming, pressure cooking, baking, or roasting

Have you ever considered the difference between the various types of broiling?

If you pan broil meat, it reabsorbs its fat drippings to a large extent and maintains its original calorie value. If you have greased the pan you have more calories, of course

But if you grill meat, the natural fats melt and drip into the pan, lessening the calorie content of the meat.

The double boiler can be an unsung hero in your reducing diet. It enables you to scramble eggs without using butter and hence to diversify your breakfast menus.

On the next pages you will find recipes for low-calorie eye catchers These are made with the artificial sweeteners, Sweeta and Sucaryl They have valuable functions when used with moderation, but their excessive use is not encouraged.

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LOW-CALORIE EYE CATCHERS

VANILLA ICE CREAM

1½ cup skim milk
1 tbsp Sucaryl solution
2 eggs, separated
1 tsp unflavored gelatin
2 tsp vanilla
Few grains salt

Mix Sucaryl with ¾ cup skim milk; scald; pour over beaten egg yolks. Sprinkle gelatin over remaining milk mixture; stir until dissolved. Cool. Add vanilla and salt. Pour into freezing tray; freeze firm. Remove from tray to chilled bowl. Break up with wooden spoon. Beat with electric mixer or rotary egg beater until free from lumps but crumbly. Fold in stiffly beaten egg whites. Return to tray; freeze until firm.

Yield. six servings; 110 calories per serving.

APRICOT "ICE CREAM"

1 cup water	⅛ tsp. Sweeta
⅓ cup nonfat dry milk	¼ cup lemon juice
1 cup cooked dried apricots, about 28 halves	

Blend water and dry milk together until smooth, using rotary beater or electric blender. Purée apricots, along with the liquid in which they were cooked, in a food mill, or blend to purée consistency in an electric blender. Combine milk, apricot purée, Sweeta, and lemon juice. Mix well. Pour into freezing tray. Freeze as quickly as possible. When about half frozen, place in a mixing bowl and beat with rotary beater until the consistency of mashed potatoes. Do not overbeat. Continue freezing until firm but not hard.

Yield: about two cups, or four servings; 105 calories per serving

BAKED CUSTARD

10 Sucaryl tablets	¼ tsp salt
2 cups skim milk	1 tsp. vanilla
2 eggs	Nutmeg

Crush Sucaryl tablets; dissolve in 2 tbsp of the milk. Scald remaining milk in top of double boiler over simmering water. Beat eggs frothy. Stir in salt, vanilla, and dissolved Sucaryl tablets. Add hot milk and mix well Strain into individual custard cups; sprinkle with nutmeg. Set

filled cups in pan of hot water, having water within ½ in of top of cups Bake in slow oven (300°F.) 1 hr, or until knife inserted comes out clean Serve cold

Yield: five servings; 100 calories per serving.

BARBECUE SAUCE

1 tbsp. butter
1 small clove garlic, minced
2 tbsp minced onion
2 tbsp. wine vinegar
¼ cup catsup

9 drops Sweeta
1 tsp Kitchen Bouquet
½ tsp dry mustard
½ tsp. salt

Let
Kitcl
just to boil and remove from heat

Yield: ½ cup; 5 calories per serving

HERB SALAD DRESSING

1 egg
2 tbsp flour
1 tbsp. mustard
¼ tsp marjoram
¼ tsp rosemary

1½ cups water
½ cup vinegar
1½ tsp Sucaryl solution or 12 tablets

ue liquid), beating well Cook over low heat, *stirring constantly*, until mixture comes to a boil Remove from heat, cool

Yield: 32 tbsp; 10 calories per tablespoon.

LEMON MILK SHERBET

1 tbsp. unflavored gelatin
1½ cups water
¼ cup nonfat dry milk

Yellow rind of 1 lemon
½ cup lemon juice
¼ tsp. Sweeta

Soften gelatin in ¼ cup of the water and dissolve over low heat or hot water. Blend remaining water and dry milk together until smooth, using rotary beater or electric blender. Carefully grate only the yellow rind from the lemon and combine with lemon juice and Sweeta. Stir in dissolved gelatin Stir milk mixture into gelatin and lemon juice and mix well. Pour into freezing tray and freeze as quickly as possible. When mixture has frozen about 1 in. from edge, remove to a bowl and whip with rotary beater until about the consistency of mashed potatoes. Do not overbeat. Return to freezer and freeze until firm.

Yield: about two cups, or four servings; 5 calories per serving

APPLE BETTY

10 Sucaryl tablets or 1¼ tsp. solution
¼ cup water
2 tbsp. lemon juice
2 cups soft coarse bread crumbs (2 slices bread)
½ tsp. cinnamon
½ tsp. salt
4 medium apples, sliced thin

Mix or dissolve Sucaryl with water and lemon juice Toss together bread crumbs, cinnamon, and salt until well mixed. Spread about one-third of the crumbs in greased 1½-qt. casserole, cover with half of the apple slices. Add layer of crumbs, add remaining apple slices; finish with layer of crumbs Spoon Sucaryl mixture over top layer. Cover; bake in a moderate oven (375°F.) 20 min Remove cover; continue baking 30 to 35 min. longer. Serve warm or cold.

Yield. five servings; 90 calories per serving.

SNOW PUDDING

1 envelope unflavored gelatin
¼ cup cold water
¼ tsp Sweeta
Pinch salt
1 cup hot water
1 tsp. grated lemon rind
¼ cup lemon juice
3 egg whites
1 tbsp granulated sugar

Soften gelatin in cold water for 5 min salt, and hot water. Stir until gelatin is di lemon rind and juice and stir until well blende mixture begins to thicken Beat egg whites u not dry, gradually beating in the sugar Conti until egg whites stand in peaks Then add to ture, folding gently until thoroughly combined a lightly oiled 1-qt. mold or eight 6-oz. molds firm Unmold and serve plain or with crushed be

Yield: eight servings; 20 calories per serving

COFFEE WHIP

1 tbsp unflavored gelatin
¼ cup cold water
2 cups strong, hot coffee
2 tsp Sucaryl solutio
16 tablets

Soften gelatin in cold water; dissolve in hot with Sucaryl Pour about one-fourth of this mixtu small, shallow pan to depth of ½ in; chill until fir into ½-in cubes. Chill remaining mixture until sirupy with rotary egg beater until light and fluffy Spoon sherbet glasses, chill until firm; garnish with the cubes of coffee jelly.

Yield six servings, 6 calories per serving.

SPECIAL FRUIT PUNCH

½ tsp Sweeta
1 cup water
½ cup lemon juice
No 2 can unsweetened pineapple juice
4 cups cold strong tea
Ice
Angostura bitters

Combine Sweeta, water, lemon juice, pineapple juice, and tea Chill Serve over ice and add a dash of angostura in each glass

Yield about 8½ cups before adding ice, or ten servings; 30 calories per serving

CRANBERRY RELISH

6 Sucaryl tablets	1 orange, unpeeled
1 lb. cranberries	1 apple, unpeeled

Crush Sucaryl tablets Grind all the fruit together, ad the Sucaryl, and mix thoroughly. Serve on crisp lettuce (on water cress as a salad, or serve as a sauce to garnish hol day meals.

Yield: 8⅓ cup servings; 53 calories per serving.

SAVORY DRESSING FOR SALAD GREENS

½ cup lemon juice	1 tsp. onion juice
2 tbsp. tomato purée	¼ tsp. dry mustard
¼ tbsp salt	3 drops Tabasco sauce
⅛ tsp. paprika	⅛ tsp. Sweeta (24 drops)

Combine all ingredients and mix well. Chill. Shak well before pouring over salad greens.

Yield· about ⅝ cup or 10 tbsp, five servings of 2 tbsp each; 10 calories per serving.

LEMONADE

Put a scant ½ tsp. Sucaryl solution, or 3 tablets, in 2 tbsp fresh, strained lemon juice; add enough water to make 8 oz Add ice as desired, garnish with a slice of lemon.

Yield one serving, 8 calories.

MOLDED CITRUS SALAD

2 cups grapefruit sections, coarsely diced	2 envelopes unflavored gelatin
¼ cup lime juice or lemon juice	½ tsp Sweeta
Unsweetened grapefruit juice, about 2½ cups	½ tsp salt or celery salt
	2 cups finely shredded carrots

After preparing fresh grapefruit sections, allow them to stand in refrigerator for 30 min., then drain juice into

quart measure Add lime juice and enough unsweetened grapefruit juice to make 3½ cups. Soften gelatin in ½ cup of the fruit juice and dissolve over low heat or hot water

Yield: eight servings; 70 calories per serving

GARDEN SALAD RING

1 envelope unflavored gelatine
¼ cup cold water
2 cups boiling water
1 tsp salt
¼ cup lime juice
1½ tsp Sucaryl solution or 12 tablets
Green food coloring
1 cup diced, peeled cucumber
1 cup sliced radishes
¼ cup sliced scallions

Sprinkle gelatin on cold water. Dissolve in boiling water.
ing to
white
oiled 5
with crisp salad greens.

Yield: six servings; 16 calories per serving

LOW-CALORIE CHOCOLATE SAUCE

1 cup water
¼ cup cocoa
1 tbsp cornstarch
½ tsp vanilla
2 drops almond extract
¼ tsp Sweeta

Slowly add ¾ cup water to the cocoa, blending well Cook over low heat, stirring frequently, for about 2 to 3 min. Combine and add remaining ¼ cup water and cornstarch Continue cooking, stirring constantly, until sauce

has thickened. Remove from heat and stir in vanilla, almond, and Sweeta.

Yield: 1 cup, or eight servings of 2 tbsp. each; 15 calories per serving.

Here are some cheese recipes for special occasions. Note that their calorie content is *higher* than that of the usual foods permitted during your reducing diet. Use these recipes with caution and at rare intervals.

CHEESE SOUP

Stir ¼ cup pot cheese into clear, skimmed, warm bouillon When medium-fat cheeses are permissible, grated Parmesan or Emmentaler can be used. Cheese may be added to all soups, an especially good combination is the addition of cheese to vegetable soup *120 calories*

CHEESE DUMPLING

3 tbsp. pot cheese	1 tbsp. mineral oil
2 tbsp. flour	½ egg yolk

1. Mix ingredients and let stand for ½ hr.
2. Knead into a ball or dumpling.
3. Cook in salted water about 15 min
4. Serve with cinnamon and 1 tsp sugar.

150 calories (five dumplings)

CHEESE CAKE

Make a dough of·

2 tbsp. pot cheese	1⅓ tbsp mineral oil
4 tbsp flour	2 tsp. sugar
1 egg yolk	

Place ⅔ of dough on mold, place in oven for short time.

Make a filling of:

½ cup pot cheese	1 stiffly beaten egg white
2 tbsp. sugar	Grated lemon rind
2 tbsp mineral oil	

1. Spread filling on dough in pan.
2. Place remaining dough over it.
3. Bake in oven 300° about 1 hr.

550 calories (two portions)

CHEESE SLICES

4 tbsp flour
1 tbsp. mineral oil
1 egg yolk
Pinch of salt

1. Prepare a stiff dough.
2. Roll out flat and let stand.

155 calories

Divide the above into two parts and fill with the following mixture:

½ cup pot cheese, strained and mixed with 1 egg yolk, sugar or saccharine, grated lemon rind, and the stiffly beaten white of 1 egg

1. Grease a small pan with mineral oil.
2. Fill one part with the mixture and place the other part over it.
3. Bake for ½ hr.
4. Cut in slices.

300 calories

WHEN YOU REACH YOUR DESIRABLE WEIGHT

Once you have reached your desirable weight you will want to maintain it without slipping back to overweight. What you have learned while following *Your Safe and Sure Diet* will stand you in good stead.

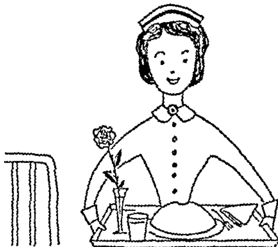
After you have lost your excess weight locate yourself again in The Calories You Work table on pages 58 to 60. Then select the diet which corresponds to the figure you obtain *Do not subtract the 1000 calories as you did when you wanted to lose weight* We are now trying to bal. calorie intake and energy output. But remember, the is based partly on the energy you expend in your o tion. If your activities have changed since you began diet, be sure to look up your calorie expenditure i proper table.

If you lose weight on your new maintenance die

a higher-calorie diet; if you gain weight, choose a lower-calorie level.

[illegible]

nance diet see Appendix B, 100-calorie Portions of Foods.



11. When Illness Causes Overweight

It has been pointed out that over 95 per cent of our overweight friends got that way simply because they ate more calories than they expended in the process of staying alive, working, and playing. But some people are unwilling to accept so simple an explanation. They talk about mysterious causes of obesity.

This is a handy excuse. Our overweight friend shrugs his shoulders, sighs, and says, "Oh well, nothing I can do about it; thyroid, you know."

Singled out by Fate and his thyroid to be fat, our man might just as well consume a 200-calorie chocolate bar, or so he thinks.

Fact of the matter is that there are very few true cases of hypothyroidism.

Here are some facts about thyroid. It is the most important gland in controlling the rate at which you burn food. In rare cases inadequate production of thyroid hormone prevents the individual from burning up food at a normal rate. But there's nothing mysterious about it, for your physician can determine this condition by measuring your metabolism. If your metabolism is normal there is no chance that you are a thyroid sufferer. If you should suffer from hypothyroidism the administration of thyroid by mouth works wonders

It does not work wonders unless you have a hypothyroid condition.

It can be dangerous

There is plenty of proof that indiscriminate taking of thyroid pills to speed up metabolism disposes of your money instead of your fat Hundreds of thousands of overweight Americans have consumed these pills without producing any change in their weight.

The only effects have been detrimental. Thyroid puts an added burden on the heart and circulatory system of a normal person. An overweight person must eat excessive amounts of food to maintain his overweight. If he is 30 per cent overweight, his organs are already working their rated capacity When he takes thyroid, he overloads the capacity still more.

Remember, less than 1 per cent of the obesity cases are caused by disturbances of the thyroid. If you have any doubts, let your family physician be the judge of your condition.

MYTHS ABOUT OVERWEIGHT

The thyroid myth is only one of many. Some women believe that change of life produces glandular changes leading to overweight. There is no medical evidence that your ability to burn food is altered by menopause. The accumulation of fat in this period of a woman's life usually reflects

her decreased activity and unchanged food intake rather than variations in her metabolism

The same is true of the old wives' (and young wives') tale that women gain weight after childbirth because of glandular changes. The usual cause is a continuation of the food habits of pregnancy A pregnant woman requires more food during the second half of her term, but unless she resumes normal eating after the birth of her baby she will continue to grow—and grow.

'RGANIC CAUSES OF OVERWEIGHT

There *are* organic ailments which lead directly to overweight Though they affect very few people, we will discuss them briefly.

First on our list is a vicious cycle which goes under the overwhelming name of functional hypoglycemia. To understand this you must realize two basic facts.

1 The pancreas produces the hormone insulin. Insulin metabolizes the sugar and sugar-forming foods which you eat. Insulin thus lowers the concentration of sugar in your blood.

2 When the concentration of sugar in your blood drops below normal the body's need for sugar is expressed by your ravenous appetite.

Among normal folk these two factors do not collide head-on But Destiny presented Harry B with a sensitive pancreas When Harry consumes sugar, his pancreas responds in an abnormally strong fashion It secretes so much insulin that there is a surplus after its job of metabolizing sugar has been completed This surplus of insulin lowers the concentration of sugar in his blood below normal, creating an artificial hunger that causes Harry to consume more food, that causes his pancreas to secrete more insulin, that causes another lowering of the level of his blood sugar, and so on and on to the obesity of Harry B

Harry's physician will solve his problem by prescribing

a special diet. It will feature foods which are turned into sugar so slowly that his blood sugar will not rise high enough to overstimulate his rambunctious pancreas. For example, it takes the body several hours to convert half its protein intake to sugar.

Certain insulin-producing tumors of the pancreas cause the same vicious cycle as that observed in Harry B. Whereas Harry's abnormal appetite existed during the eating hours which set his cycle in motion, the tumor sufferers feel their pangs at night They may wake up with hunger so intense that it leads to convulsions But they are lucky in their way, for their tumors can be removed by a simple surgical operation After that their violent hunger subsides to normalcy This solves their obesity problem.

Certain rare injuries to an area of the brain called the hypothalamus can also cause excessive appetite, but it is obvious that only a relative handful of people have had such injuries.

Also in the rare category are tumors of the adrenal glands which give rise to Cushing's disease. This disease leads to extreme obesity, is usually associated with diabetes, and can be relieved by removal of the tumor.

The plain, unvarnished, and wonderful truth is that very few people are obese because of organic illness. This contrasts with the problems of the *underweight.* As we shall see in the next chapter, a substantial proportion of the underweight can trace their troubles to specific ailments.

EMOTIONAL CAUSES OF OVERWEIGHT

Although organic illness is responsible for very little obesity, we cannot ignore the fact that emotional problems, too, may cause overweight. There are compulsive eaters driven to overeating by the pattern of their lives. These people require the services of trained, reputable psychiatrists. Detailed explanations of the factors which may lead men and women to this situation are not proper subjects

for this book and could do more harm than good. As matters of general interest, however, and because they reflect our ever-widening knowledge of the human mind, here are some of the ideas propounded recently by outstanding psychiatrists.

In a limited number of cases the emotional disturbances that lead to obesity reflect a desire to return to the pleasures of infancy.

A baby's first satisfaction is in the sensation of eating. Some adults who are under emotional pressures subconsciously revert to this infantile satisfaction. Unable to experience adult gratifications, they seek release from tension by overeating.

If this sounds complicated and farfetched, think of your own normal reaction when things are not so happy as they should be.

Dr S C Freed asked 500 obese patients the following question. "When you are nervous or worried, do you eat more or less?"

Seventy-four per cent replied that they ate more food or ate at more frequent intervals. Another 19 per cent said that they ate more when they were idle, bored, or tired.

Medical records offer plenty of proof that your emotions have an important effect on your weight. Many psychiatrists have had patients who ranged all the way from "skin-and-bones" underweight to extreme obesity during the course of treatment.

Overeating can stem from such emotions as frustration, anger, grief, anxiety, and guilt. People whose emotions are out of hand require more than new calorie relationships before they can reduce to their desirable weight. They require the services of skilled psychiatric specialists.

Some people try to substitute food for the satisfactions which are lacking in personal relationships with their families or in their jobs. But prowess at the dinner table

cannot take the place of stable day-to-day living. These people need help in solving, or at least understanding, the real cause of their overeating. Once their emotional situations are under control, cutting down the calories is an easier job.

In some cases physicians have noticed a pattern of obesity in families which once suffered poverty or other hardship. With the improvement in their social and economic status, food has become available in plentiful quantity. To these people it may be symbolic of new security and of standing in the community. The parents look upon themselves as good providers. They seek the love and respect of their children by overwhelming them with the food which represents their new success.

In this way dangerous family eating habits, difficult to break in later years, are developed. Children brought up in a household in which achievement is measured by the quantity of food on the table, may continue this eating pattern on to obesity.

Physicians now recognize the importance which obese people may attach subconsciously to their physical size. The fat man may regard his body as a fortress, secure against an unfriendly world. He may say that he wishes he were thin, but in reality he may feel that his size gives him power and importance.

An obese person who is upset emotionally may feel that his awesome bulk will destroy his imagined enemies. Such patients must be brought back to reality and must learn to see themselves in a clear and honest light. Dr. Hilde Bruch, one of the outstanding authorities in this field, has pointed out how frequently obese people have vast ambitions which they cannot possibly fulfill. They say that they would attain these impossible goals if they could lose their excess weight. Secretly they may wish to remain fat so that they will not be put to the test.

Dr. Henry W. Brosin has observed that a child who overeats "may be using food as an additional substitute for

the thin rations of affection which the parents can offer." Other psychiatrists have observed with Dr. Brosin that an insufficient intake of love, affection, and understanding may lead to an overlarge intake of food. Emotions, like diet, have to be balanced for optimum health.

The problem of the relatively small number of compulsive eaters is very much like the problem of the alcoholic. For that reason, groups of obese people who get together and talk out their troubles can be as effective as Alcoholics Anonymous

An experiment conducted by the U S Public Health Service in Boston bears this out Once a week, groups of obese Bostonians met with specialists to discuss their problems of overweight. Two years after the discussions had ended 40 per cent of the patients had maintained their weight losses.

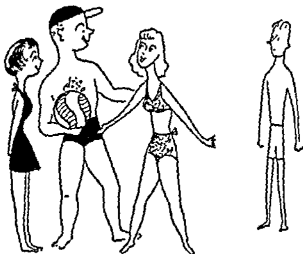
"Imprisoned in every fat man," goes a modern quotation, "a thin one is wildly signaling to be let out"

A discussion of ways by which the thin man can be released would require a book in itself Our focus is on the typical overweight American, not on the compulsive eater who is *not typical.*

It is important for the reader to realize that an individual's "ideas" can cause both overweight and underweight Each case requires individual attention No blanket rules or regulations apply Self-treatment is as dangerous as treatment by unqualified persons If you are overweight, see your physician before attempting any remedy. If he refers you for psychiatric care, you can feel assured that he is exploring every possibility.

If emotional conflicts are at the root of your obesity problem, starvation diets, quack cures, and the advice of well-meaning but unknowing people are more dangerous than ever. They can aggravate your condition seriously.

See your doctor and trust him He is the safe starting point from which to begin your successful campaign against obesity.



12. The Underweight

It is difficult for our 25 million overweight citizens to realize that a sizable number of people suffer from the opposite extreme—underweight. To an obese person a condition of underweight might seem the next thing to Paradise.

Not so. The woman who is underweight feels that she has lost the softness of femininity. The fully developed female figure is glorified by movies, television, and advertising.

In spite of changing fashion trends we can look forward to undiminished interest in characteristics which can hardly be exemplified by the underweight. The "bony look" can be exploited only by fashion models, who display other types of attractiveness.

As for the males, they will continue to glory in the muscular physique which they assume is pleasing to females, to say nothing of its effect on their own egos. A trim, well-kept man is one thing, a skinny, undernourished-looking gentleman is another By the stereotypes of our civilization an excessively thin fellow loses an element of his manliness. This is nonsense, but it is public opinion.

ORGANIC ORIGINS OF UNDERWEIGHT

If there is one thing which is true of both the obese and the underweight it is their failure to comprehend the reasons for their conditions This is not a criticism. Sometimes the reasons are extremely subtle and can be determined only by skilled psychiatric care. A good many cases of underweight are caused by organic ailments If the ailment is diagnosed and the person receives the proper treatment, the problem will be solved As has been mentioned, organic disease is much more frequently the origin of underweight than of overweight

Tuberculosis is one example. It is estimated that there are 400,000 cases of tuberculosis in the United States About 150,000 *of these have not yet been detected* Everyone who has not had a chest X ray within the past year should consult his physician or local health agency Thanks to the National Tuberculosis Association, there are chest X ray surveys being carried out all over the United States.

The disease processes of tuberculosis increase body temperature and lead to a faster rate of food burning In addition the toxic effects of the disease diminish the appetite. This can result in emaciation If tuberculosis is discovered and the patient is given treatment, this will not happen Modern tuberculosis drugs combat the disease poisons and stimulate the appetite.

Hyperthyroid conditions may also lead to severe underweight These conditions are particularly evident in areas where there is a deficiency of iodine in the water. In this

disease, the greater production of thyroid hormone stimulates the body to burn its food faster than normally.

Even in places where iodine is plentiful, nervous reactions may cause the thyroid to behave in a similar manner.

Hyperthyroid symptoms are easily recognizable. The patient complains constantly of being hot, perspires easily, uses a minimum of blankets in winter, and is always uncomfortable in summer. This condition can be relieved by treatment with radioactive iodine taken by mouth under the supervision of a competent physician.

In both tuberculosis and hyperthyroidism, it is the increased rate of burning food which leads ultimately to weight loss In other ailments weight loss is caused by the destruction of body tissues. The latter group includes certain forms of cancer and malignant tumors of the blood,

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tial *proportion of the underweight. Persons with diabetes* lose food in the form of unburnt sugar in their urine. This results from lack of the hormone insulin, whose function is to metabolize sugar About eighty per cent of all diabetic persons are overweight at the onset of disease.

Excessive eating strains the body mechanisms involved in utilizing food The resulting overload can precipitate diabetes. This warning applies most urgently to overweight men and women from the ages of forty-five to sixty-five.

The 1 million diabetic patients under treatment have their illness under control. Some receive injections of insulin All watch their diets carefully and are able to live full, active lives. *But there are an estimated 1 million persons with undetected diabetes.* Under the leadership of the American Diabetes Association, vigorous campaigns have been launched to locate these diabetic cases. A simple urine analysis *is the first step in the detection of diabetes.* Anyone who has not had such an analysis in the past year should

certainly have one as part of his regular physical examination.

If the symptoms of diabetes were widely known, many of its unknown targets would be discovered Here they are:

Excessive thirst
Constant hunger
Frequent urination
Loss of weight
Itching skin
Easy tiring
Changes in vision
Slow healing of cuts and scratches
Boils and carbuncles

Certain kidney ailments cause weight loss In these cases, vital proteins, instead of being retained by the kidneys, leak into the urine and are lost.

Various diseases of the intestinal tract which prevent the absorption of food are also responsible for underweight. Among these are chronic diarrhea, colitis, ulcerations of the small intestines, intestinal parasites, and sprue All are marked by diarrhea

Other ailments of the intestinal tract result in so much pain after eating that some people starve themselves to avoid the discomfort Among the most common of such conditions are peptic ulcers These cause grinding, burning pains from one-half to two hours after meals, or they wake the sufferer with sharp pains in the middle of the night.

A large proportion of extreme "skin-and-bones" underweight is caused by anorexia nervosa This is a psychological reaction to food which is the opposite of the compulsive eating already discussed People suffering from anorexia must have help in solving the psychological problems which have interfered with their eating These may be many and varied, dating from infancy and early childhood Psychiatric care is essential before nutritional rehabilitation is possible

Well now, let's assume that the somewhat grim matters just mentioned have been attended to—that is, that the organic illnesses have been discovered and treated and the psychological problems have responded to therapy. All we have to do now is to put back the missing pounds.

HOW TO GAIN WEIGHT

What a delightful prospect. First, let's begin by reversing the lessons of this book. Let's proceed to do everything which is opposed to the advice of the previous pages

We'll pour on the calories. We'll be profligate with butter, using it as lavishly as possible on meats, vegetables, cereals. and baked goods. We might use hot butter on bread, since it soaks in and enables us to consume more. Every pat of butter is 80 calories, every 3500 calories is equivalent to a pound of body weight.

Wherever we can, we substitute cream for milk. No sense in using an ounce of milk (16 calories) in your coffee when you can use an ounce of cream (100 calories). Remembering that fats and oils are the greatest concentrations of calories, we have a marvelous time saturating our salads with oil dressings Our French dressing, for example, consists of three-fourths oil and one-fourth vinegar or lemon juice By adding fats and oils we double the calories of virtually every food

Others may settle for clear consommés, but we're on the lookout for cream soups. Let the overweight skip his gravy, we'll pour it on, realizing that each tablespoonful is almost one hundred calories

Dessert is the caloric climax of every meal. We may settle for a 300-calorie slice of lemon meringue pie or, if we're quite satiated, may elect a mere 200-calorie sliver of apple pie. If the spirit moves us we might add a scoop of ice cream worth a few hundred more calories

We have no scruples between meals, either, if the intake does not interfere with our regular meals A 460-calorie

malted milk or a 325-calorie ice cream soda is part of the daily routine. If we're still having trouble putting more flesh on the bones, our physician may prescribe the highly concentrated foods known as emulsified fats. These are available in drug stores under several brand names. They are palatable, can be added to any liquid, and are loaded with 100 to 300 calories to the ounce.

Readers who are underweight should show the same irreverence for the exercise advice previously given as for the recommendations on eating.

HOW TO AVOID EXERCISE

When you're fattening up, take full advantage of modern labor-saving equipment. Whenever there's a choice between doing it yourself and flicking the "on" button of a machine, press the button. Let "do it yourself" be a slogan for the overweight. As far as you're concerned, allow the machine to dominate your every decision.

Your own motto might be, "Ride, Do Not Walk." Remember that for every mile you walk you will be burning 100 precious calories, so do not exercise excessively. Remember, however, that moderate exercise is healthful and stimulates the appetite. It helps to prepare you for more vigorous exercise at the dining table.

HOW MUCH FOOD FOR THE UNDERWEIGHT?

You can find out how many pounds you are underweight by locating yourself in the table of Desirable Weights for Height, pages 7 and 8. Next, determine your total daily calorie expenditure by following the tables and instructions on pages 58 to 60.

Now you have to select a diet in excess of this amount. Whenever you consume 3500 calories more than you expend over a given period, you will gain one pound. If, for example, you eat 1750 calories a day more than you expend, you will add a half pound a day. Knowing your calorie ex-

penditure, choose one of the *Safe and Sure Diets* which exceeds that amount. These are listed on pages 62 to 85. To this diet feel free to add as many of the extras discussed on the previous pages as you wish.

People who are overweight must reduce gradually, but the underweight are limited in eating only by their feeling of satiety.

If poor intake of food is the only factor affecting your weight, then you will gain automatically as you eat more calories than you expend. But this must be stressed—*if the factors which caused your increased metabolism (such as the diseases we discussed) are still present, you will have to* [illegible] *your present*

[illegible] ian. Once the cause is removed, you can follow the diet pattern we have discussed and bring your weight up to its desirable point. Needless to say, you will then feel better and look better You will find it a pleasure to buy the clothes to fit your new feminine figure or your new masculine physique.

APPENDIX A

Calorie Counter

ABBREVIATIONS

c. cup
gl glass
lg. large
pc. piece
sl. slice
sm. small
sq. square
t. teaspoon
T. tablespoon

Food	*Approximate Amount*	*Calories*
Abalone, cooked	1 pc., 1 × 2¼ × 1 in.	35
Alligator pears, fresh	½ sm	155
Almonds	30 nuts med	190
Almonds	10 nuts med.	65
Apples:		
juice	½ c	50
baked with sugar	1 sm., with 1 T sugar	125
*baked without sugar	1 sm	65
dried	½ c	290
fresh	1 med.	65
Applesauce:		
with sugar	½ c and 1 T sugar	160
without sugar	½ c.	95
Apricots:		
cooked or canned	6 halves	70
dried	8 small halves	140

* marks preferred foods These are high in nutritive value, low calories.

Food	Approximate Amount	Calories
Apricots (*Cont*)		
dried, cooked	⅓ c.	100
fresh	3 med.	60
water-packed	6 halves	30
*Artichokes, canned	½ sm.	20
Jerusalem, cooked	1 lg	80
*Asparagus, cooked:		
canned	5 tips or ½ c	15
fresh	8 stalks, 4 in. long	20
Bacon		
crisp, drained	1½ sl., long, thick	105
crisp, drained	1½ sl., long, thin	55
Bacon drippings	1 T.	135
Bamboo shoots	¾ c.	30
Bananas	1 med.	85
Barley, pearled	3 T.	110
*Bass.		
black, cooked	1 pc., 1 × 2¼ × 1 in.	35
sea, cooked	1 pc., 1 × 2¼ × 1 in	30
Beans, baked, canned	3 T.	120
kidney, canned	4 T.	105
lima, canned	4 T.	75
lima, dry, cooked	⅓ c.	100
lima, fresh cooked	4 T.	115
navy, cooked	½ c.	115
*snap, wax, string, cooked	4 T.	20
soy	3 T.	125
string, fresh	⅔ c.	35
*Bean sprouts	1 c.	30
Beef.		
*brains	⅙ set	60
broth	½ c.	15
chopped, raw	2 cakes, packed	95
corned	1 sl., 4 × 3 × 1 in.	205
dried	6 sl, thick, 4 × 5 in.	165
heart	1 sl, 2 × 3 × 1 in.	255
juice	½ c	30

Food	Approximate Amount	Calories
Beef (Cont.)		
*kidney, cooked	2	125
*liver, cooked	3 sl, 2 × 1 × ½ in.	190
marrow	1 in diameter 2½ in. long,	
miscellaneous cuts, fat-free	3 pc.	845
roast, lean	1 sl, 4½ × 2½ × ⅛ in	45
scraped, raw	4 sl, 4½ × 2½ × ⅛ in	165
soup	2 T.	45
steak, med fat, broiled	1 c	90
suet	1 pc, 2 × 3 × 1 in	120
tongue, canned	1-in cube	100
*tongue, pickled	2 sl	115
*Beet greens, cooked	2 sl	95
*Beets, cooked	3 T.	20
fresh	4 T sliced	40
Beverages, carbonated	¾ c.	45
cola type		
ginger ale	½ c.	
Blackberries.	½ c.	50
canned, with sugar	8 T	35
*fresh	3 T	
water-packed	½ c.	250
Blueberries		35
cooked or canned	8 T.	70
*fresh	⅓ c	
*Bluefish, cooked	1 pc, 1 × 2¼ × 1 in	60
	or 1 pc, 4 × 1½ × 1 in	50
Bouillon	½ c.	30
clam	½ c.	90
cube, prepared	1	10
Bran	3 T.	2
unwashed	1 c.	1
washed	2 T.	110
Brazil nuts	4 nuts med.	150
Bread, Boston brown	1 sm sl	15
corn	1 pc, 2½ × 4 × . .	215
		65
		70

Food	Approximate Amount	Calories
Bread (*Cont.*)		
gluten	1 sm. sl.	70
graham	1 sl., 3 × 3½ × ½ in.	85
miscellaneous	1 sm. sl.	85
pumpernickel	1 sl	120
rolls, French	1 roll	110
rye	1 sl, 3 × 3½ × ½ in.	65
white, milk	1 sm. sl, 3 × 3½ × ½ in	65
white, water	1 sm sl, 3 × 3½ × ½ in.	65
whole-wheat	1 sm. sl, 3 × 3½ × ½ in.	65
Zwieback	1 pc.	40
*Brussels sprouts, cooked	⅔ c. or 9 med.	15
Butter	1 c.	1745
Butter	1 T. or 3 t	115
Butter	2 t or 1 sq.	75
Butter	1 t.	40
*Butterfish, cooked	1 pc., 1 × 2¼ × 1 in	60
	or 1 pc., 4 × 1½ × 1 in.	170
*Buttermilk	1 gl.	80
Buttermilk	½ c.	40
Butternuts	6 or 7	140
*Cabbage, cooked	5 T.	30
raw, shredded	6 T.	15
Calves' foot jelly	4 T.	85
Candy:		
butterscotch	20 pc.	430
caramels	10 pc.	430
hard candy	10 pc.	400
peanut brittle	4 pc.	480
*Cantaloupe	½	95
*Carrots, cooked	⅔ c cubed, or 1 lg	30
fresh	¾ c.	45
*Cauliflower, cooked	6 T.	25
fresh	⅔ c.	30
Caviar	3⅓ oz.	300
Celery, cooked	6 T.	10
*fresh	4 stalks	20
*Celery root	4 T.	40

Food	*Approximate Amount*	*Calories*
Cheese, American, pale	1 cube 1½ in sq	130
pale	1 cube 1 in sq	85
red	1 cube 1½ in. sq.	140
red	1 cube, 1 in. sq	90
Camembert	1 oz	85
cottage	5 T	110
cottage	1 rounded T.	25
cream	1¼ pkg	325
cream	⅓ pkg	100
Edam	1 oz	115
Neufchatel	1¼ pkg.	325
Neufchatel	¼ roll	65
*pot, Jewish	½ c.	195
pot, Jewish	2 T	50
Roquefort	1 triangle	75
Swiss	6 med sl	430
Swiss	1 thin sl	85
Cherries:		
cooked or canned	25 sm or 12 lg.	90
*fresh	25 sm or ⅔ c.	70
Chestnuts, roasted	20	105
*Chicken, broiled	½ med	115
chicken fat	1 T	135
gizzard	3⅓ oz.	110
heart	1 oz	40
*lean, no skin, boiled	2 sl, 4 × 4 × ⅛ in.	125
lean, no skin, boiled	1 sl, 4 × 4 × ⅛ in	65
with skin, boiled	2 sl, 3½ × 3½ × ⅛ in	230
with skin, boiled	1 sl, 3½ × 3½ × ⅛ in.	115
*liver	3⅓ oz	135
*roast, with skin	½ breast	200
Chili sauce	1 t	3
Chives	¾ c.	55
Chocolate, sweet, milk	1 oz	150
unsweetened	1/16 sq or 1 t.	10
Citron	1 oz	100
*Clams:		
long, in shell	6	80

Food	*Approximate Amount*	*Calories*
Clams (*Cont.*)		
round, in shell	6	40
round, solid, raw	3½ oz.	75
Cocoa, dry	1 T.	35
Cocoa, dry	2 t.	20
Coconut, dried	¼ c.	140
fresh	1 sl., 2 × 2 × ½ in.	205
Cod·		
*salt, boneless	3½ oz.	115
salt, boneless	1 oz.	35
steak, cooked	1 pc., 1 × 2¼ × 1 in.	30
Consommé	½ c.	10
Corn, canned	4 T.	100
green	1 med. ear	90
Corn, popped	1 c.	70
Corn Flakes	½ c.	50
Corn sirup	2 T.	95
Cornmeal, dry	4 T.	115
plus 1¼ c boiling water, cooked	14 T. or ¾ c.	115
Cornstarch, dry	1 T.	35
Cow peas, dry	½ c.	350
*Crabmeat, canned	2 T.	30
Crabs, cooked	1	70
Crackers:		
crumbs, soda	¼ c	125
graham	1, 3 in. sq.	35
matzoth	1 round tea	70
oyster	30	120
saltines	1	15
soda	1	25
Uneeda	1, 3 in. sq.	25
water	1	35
Wheatsworth	1	20
Cranberries.		
*cooked or canned	⅓ c., without sugar	30
fresh	⅓ c.	40
Cranberry jelly	2 T.	100

Food	Approximate Amount	Calories
Cream, heavy, whipping	1 T.	50
light, table or coffee	1 T.	25
30%, sour	½ c.	270
Cream of Wheat, dry	4 T.	110
plus 1¼ c. boiling water		
cooked	14 T. or ¾ c.	110
*Cucumber, raw	½ med or 10 med sl.	15
Cucumber pickle, sour	1, 4 × 1½ × 1¼ in.	15
Currants, dried	½ c.	330
fresh	1 c.	60
Custard	½ c.	140
*Dandelion greens, cooked	4 T	25
Dates, dried	15 sm	345
dried	4 sm.	95
Doughnuts	2	430
Duck	2 sl., 1¾ × 1½ × ¼ in.	285
D-Zerta	1 serving	10
*Eggplant, cooked	½ c	15
fresh	½ c.	25
*Eggs, whole, raw	1 avg	70
white, raw	1 avg	10
yolk, raw	1 avg	60
*Endive, fresh	10 stalks	15
Escarole	4 large leaves	20
Farina, dry	2⅔ T	70
plus ¾ c. boiling water,		
cooked	8 T or ½ c.	70
Figs, cooked or canned	4	70
dried	4 with juice, cooked	170
dried	6 pulled	325
fresh	1 lg or 2 sm	310
Filberts	10 nuts	20
Finnan haddie	1 pc, 4 × 1½ × 1 in.	70
cooked	1 pc., 1 × 2¼ × 1 in.	160
Flounder	1 pc., 4 × 1½ × 1 in	50
*cooked	1 pc, 1 × 2¼ × 1 in	65
Flour, dry:		
arrowroot	1 T	25

Food	*Approximate Amount*	*Calories*
Flour, dry (*Cont.*)		
barley	1 T.	60
buckwheat	¾ c.	355
cellu soy bean	1 T.	20
gluten	1 c.	505
gluten	1 T.	30
graham	1 c.	510
graham	1 T.	30
rice	1 T.	30
rye	1 c.	495
rye	1 T.	35
white	1 c.	450
white	1 T.	25
whole-wheat, unsifted	1 c.	560
whole-wheat, unsifted	1 T.	35
Frankfurters	1, 4½ in. long	75
French dressing	1 T.	90
Frog legs	¼ lb.	65
Gelatin, granulated	1 T.	24
Gelatin, granulated	1 t.	10
Goose	3 sl., 3 × 3 × ⅛ in.	390
Goose fat	1 T	135
Gooseberries, fresh	4 T.	50
Grape juice	½ c.	60
*Grapefruit	½ med.	35
*juice	7 T.	40
*pulp	½ c.	50
Grapenuts	½ c.	180
Grapes, Concord	1 sm. bunch or 24	80
*Malaga	12	45
*Haddock, cooked	1 pc, 1 × 2¼ × 1 in.	25
smoked	1 pc., 4 × 1½ × 1 in.	90
*Halibut, cooked	1 pc, 1 × 2¼ × 1 in.	40
smoked	1 pc., 3½ × 2¼ × ¼ in	220
Ham, deviled	1½ t	40
fresh, lean	2 sl, 2¼ × 1½ × ⅛ in	230
fresh, lean	1 sl, 2¼ × 1½ × ⅛ in.	115

Food	Approximate Amount	Calories
Ham (Cont.)		
fresh, med fat	2 sl, 2¼ × ½ × ⅛ in	320
fresh, med. fat	1 sl, 2¼ × ½ × ⅛ in	160
smoked, lean, boiled	1 sl, 4 × 4 × ⅛ in	70
smoked, med fat	1 sl, 4½ × 4½ × ⅛ in	125
Herring, cooked	1 pc, 1 × 2¼ × 1 in.	50
pickled	2 sm	115
raw	1 sm	140
smoked	1 pc., 2½ × 2½ × 1 in	290
Hickory nuts	30 nuts	215
Hominy, dry	3 T	110
plus 1¼ c boiling water, cooked	11 T or ⅔ c	110
Honey	⅓ c.	335
Honey	1 T	100
Horse-radish	1 t	2
*Huckleberries, fresh	⅔ c or 4 T.	70
Ice cream	2 T	205
Ices, fruit	½ c.	110
Jam	5 t	200
Jelly, gelatin	1 serving	80
Jelly	5 t	200
*Kale, fresh	½ c or 4 T.	25
*Kohlrabi, fresh	6 T	30
Lamb		
chop, broiled	1 lg or 2 med	355
chop, broiled	1 sm 1-in cube meat	105
*leg, roast	4 sl, 4½ × 2 × ⅛ in.	195
leg, roast	1 sl, 4½ × 2 × ⅛ in.	50
Lard	1 T.	135
*Lemon:		
fresh	1 med.	25
juice	½ c.	40
*juice	2 T.	10
Lentils, cooked	½ c or 4 T.	115
*Lettuce	10 leaves	10
*Lobster, cooked	½ c	80

Food	*Approximate Amount*	*Calories*
*Loganberry juice	½ c.	30
Macaroni, boiled	¾ c.	90
dry	¼ c.	75
Mackerel		
*fresh, cooked	1 pc., 1 × 2¼ × 1 in.	50
salt, cooked	1 pc, 1 × 2¼ × 1 in.	105
Maple sirup	2 T.	90
*Marrow, vegetable, fresh or cooked	3⅓ oz.	20
Mayonnaise	1 T.	135
Meat, fat	1 T	135
*Meat, lean, cooked (avg.)	4 sl, thin, 4¼ × 2½	155
lean, cooked	1 sl, thick, 4¼ × 2½	45
med fat, cooked	4 sl, thin, 4 × 2 in.	190
med. fat, cooked	1 sl, thick, 4 × 2 in.	55
Milk:		
cond, sweetened	1 T.	50
cond., sweetened	1 t.	15
cond., unsweetened	1 T.	25
cond, unsweetened	1 t.	10
evap, sweetened	1 T.	50
evap, sweetened	1 t	15
evap, unsweetened	1 T.	20
evap, unsweetened	1 t.	5
malted	3½ T.	125
malted	1 T.	35
powdered, whole	5½ T.	150
powdered, whole	1 T.	25
powdered, skim	5½ T.	105
powdered, skim	1 T.	15
*skim	1 c. or ½ pt.	90
skim	1 gl.	85
skim	½ c	35
skim	1 T.	5
whole	1 c. or ½ pt.	170
whole	1 gl.	160
whole	½ c.	70
whole	1 T.	15

Food	Approximate Amount	Calories
Mineral oil dressing	1 T.	0
Molasses, pure cane	½ c.	490
Molasses, pure cane	1 T.	65
*Mushrooms	⅔ c. or 4 lg	45
broiled	2 lg on toast	150
*Muskmelon	½ sm or ½ c cubed	35
Mustard, dry	1 t	0
Mutton, leg roast	3 sl, 3 × 3¾ × ⅛ in	305
Mutton, leg roast	1 sl, 3 × 3¾ × ⅛ in	90
Nectarine	2	70
Noodles, boiled	¾ c.	90
Oatmeal, rolled, dry	5 T or ⅓ c.	120
plus ⅔ c boiling water,		
cooked	10 T or ⅔ c.	120
Okra	½ c.	25
Oleomargarine, avg	1 T	125
Olive oil or other salad oils	½ c	900
Olive oil or other salad oils	1 T	135
Olives, green	10 lg.	220
green	2 lg	45
ripe	10 lg.	205
ripe	2 lg	40
*Onions, cooked, plain	3 med.	25
fresh or scallions	4 sm	50
*Orange juice	½ c.	55
Orange marmalade	⅓ c	345
*Oranges, fresh	1 med	50
*Oyster plant, fresh	⅔ c.	30
Oysters		
*solid, raw	1 c.	120
solid, raw	7 med	50
solid, raw	2 med	15
Papayas	½	45
Parsley butter	1 T	40
*Parsnips	¾ c sliced or 1 lg	55
Peaches:		
*cooked or canned	2 lg halves	50
dried	1 c	245

Food	*Approximate Amount*	*Calories*
Peaches (*Cont.*)		
fresh	1, 2 × 2 in.	40
Peanut butter	2 T	185
Peanuts	15 nuts	130
Peanuts	27 nuts, med.	165
Pears:		
*cooked or canned	2 halves	70
fresh	1 sm.	60
Peas, dried	3 T.	100
green	½ c. or 4 T.	95
*green, very young, cooked or canned	4 T.	55
Pecans	10 nuts, lg.	230
Peppers		
*sweet, green, cooked	1 med.	25
Persimmons, fresh	½ sm.	65
Pheasant	½ breast	140
Pickles, cucumber	1, 4 × ½ × ¼ in.	15
mixed	10 T.	25
mixed	3 t.	2
spiced	3 t.	10
Pies:		
apple	⅛ avg. size	220
custard	⅛ avg. size	250
lemon meringue	⅛ avg. size	220
mince	⅛ avg. size	270
pumpkin	⅛ avg. size	245
Pineapples		
cooked or canned	2 sm. sl	145
*fresh	1 sl, ¾ in thick	40
Pistachios	10 nuts, lg	35
*Plums, fresh	3 avg.	80
Pork, salt, fat	1-in. cube	115
Pork chop:		
loin, lean	1 lg.	250
loin, lean	1 med.	190
loin, med. fat	1 lg	340
loin, med. fat	1 med.	255

Food	Approximate Amount	Calories
Potato:		
*baked	1, 2 × 4 in.	90
*boiled or riced	½ c. or 1, 2 × 4 in	90
chips	6 T.	590
chips	3 T.	295
sweet, cooked	⅓ c. mashed or 1, 2 × 4 in	180
*Poultry, lean, cooked	2 sl, 3½ × 3¼ in	190
with skin, cooked	2 sl, 3½ × 3 in.	305
Pretzels, large	5	360
Prune juice	½ c.	75
Prunes	5 very lg.	260
cooked	7	90
dried	6½	310
Puddings.		
bread	½ c.	155
brown Betty	½ c	210
chocolate	½ c.	210
cornstarch	½ c.	145
rice	½ c.	115
*Pumpkin, canned	½ c	25
Quail, broiled	1 whole	145
browned in butter	1 whole	205
*Quince, fresh	1 med.	55
*Radishes	5 med	20
Raisins, seeded	100	345
Raisins, seeded	¼ c.	105
Raisins, seeded	10	35
*Raspberries:		
red, fresh	½ c or 4 T.	45
*Rhubarb·		
fresh, cooked	1 c, 1-in pcs.	20
Rice, white, dry	3 T.	120
plus 1⅓ c. boiling water, steamed	10½ T or ¾ c	120
puffed	¾ c	55
*Romaine	10 leaves	15
*Rutabaga·		
fresh or cooked	¾ c.	40

Food	Approximate Amount	Calories
Salmon, canned	½ c or 1 pc., 4 × 2½ × 2½ in	205
*fresh, cooked	1 pc, 1 × 2¼ × 1 in.	70
smoked	½ c.	200
Sardines, canned	12 sm. or 6 lg.	270
canned	4 sm. or 2 lg	90
*Sauerkraut	½ c. or 4 T.	25
Sausages.		
Bologna	3 slices	200
deviled ham (canned)		460
frankfurter	2, 6 in.	200
liver sausage	3 slices	265
luncheon meats	2 slices	265
pork sausage,	5 links or 2 patties	450
Salami	3 sl.	430
*Scallops, broiled	½ c.	75
*Shad, cooked	1 pc, 1 × 2¼ × 1 in.	55
roe	3⅓ oz.	130
Shredded Wheat	1 biscuit	105
*Shrimps, boiled	¾ c.	110
Smelts, cooked	2	30
raw	6	85
*Sorrel (sour grass)	½ c.	10
Soups, canned		
green turtle	½ c.	70
julienne	½ c.	15
mock turtle	½ c.	50
mulligatawny	½ c	45
oxtail	½ c.	55
pea	½ c.	65
tomato	½ c.	50
vegetable	½ c.	15
Soybean meal	½ c.	130
Spaghetti, cooked	½ c.	80
*Spinach, cooked	4 T.	25
fresh	1½ c.	25
Squab, with skin, cooked, roast	1 whole	135

Food	*Approximate Amount*	*Calories*
*Squash, Hubbard, cooked	4 T., mashed	45
summer, fresh, cooked	4 T.	15
*Strawberries·		
cooked or canned	6 T	100
fresh	½ c or 12 med.	30
Sugar, brown	1 T. or 3 t.	55
brown	1 t	20
cube	1 cube	30
Domino	1 Domino	25
granulated	1 c	840
granulated	1 T or 3 t.	60
granulated	1 t	20
maple	1 cake	330
powdered	1 c	735
powdered	1 T.	60
Sweetbreads	1 pair, raw	400
cooked	¾ c.	175
cooked	¼ c	55
*Swiss chard, cooked	¾ c or 6 T.	15
fresh	3⅓ oz.	40
*Swordfish, cooked	1 pc, 1 × 2¼ × 1 in.	50
Tangerine	1	50
Tapioca, granulated, dry	1 T.	50
pearled, dry	1 T.	50
Thousand Island dressing	1 T.	175
*Tomato.		
juice	⅓ c	15
*cooked or canned	½ c or 7 T.	20
*fresh	1 med	20
Tripe, canned	3⅓ oz	145
pickled	3⅓ oz	60
Triscuits	3	105
Trout, brook, cooked	1 pc, 1 × 2¼ × 1 in	35
*Trout, lake, cooked	1 pc, 1 × 2¼ × 1 in.	50
Tuna fish		
canned in oil	½ c	275
cooked	¼ c, or 1 pc, 1 × 2¼ × 1	35
Turkey	¼ lb	

Food	Approximate Amount	Calories
Turnip, cooked	½ c. cubed, or 4 T. mashed	35
*Veal		
chops, lean	1 med	125
loin, med. fat	1 sl., 2 × 2¾ × ⅛ in.	100
roast, lean	4 sl., 4½ × 2½ × ⅛ in.	160
roast, lean	1 sl., 4½ × 2¾ × ⅛ in.	50
Vinegar, cider	1 T.	0
Walnuts	10 nuts, lg.	305
English	3 nuts or 6 halves	105
*Water cress, fresh	2½ c.	20
*Watermelon	1 pc., 2½ × 2 × ½ in.	30
Wheat, cracked, dry	3 T.	115
cracked, dry	2 T.	75
puffed	5 T.	50
Wheatena, dry	3 T.	115
dry	2 T.	75
White sauce	½ c.	175
*Whitefish	1 pc., 4 × 1½ × 1 in.	150
smoked	1 pc., 3 × 2½ × 1 in.	145
Yams	1 med	105
Yeast, compressed	1 cake	15

APPENDIX B

100-calorie Portions of Foods*

BEVERAGES AND FRUIT JUICES

Beer	6 oz. (½ bottle)
Carbonated beverages, colas	6 oz.
Chocolate beverage, made with milk	½ c., scant
Chocolate malted milk shake	¼ regular 8-oz shake
Eggnog	½ c., scant
Gin	1⅓ oz.
Ginger ale, 6-oz. bottle	1½ bottles
Grape juice	⅔ c.
Grapefruit juice	1 c
Ice cream soda	⅓ avg gl.
Lemon juice	1⅛ c.
Milk, condensed, sweetened	1½ T
dried, whole	3 t., scant
evaporated	4½ T
skim	1⅛ c.
whole	⅔ c.
Orange juice	¾ c.
Pineapple juice	⅔ c
Prune juice	⅔ c.
Rum	1¼ oz.
Tomato juice	1¾ c.

* Abbreviations as in Appendix A. See page 119.

BEVERAGES AND FRUIT JUICES (*Cont.*)

Whisky	¾ jigger
Wine, California red or white	1 wine gl.

BREADS

Baking powder biscuits	2 sm. biscuits
Bran muffins	1 muffin
Breads. Boston brown	1½ sl.
French or Vienna	2 sm sl.
rye, dark	1⅓ sl.
rye, light	1¼ sl.
white, enriched, plain or toasted	1⅓ sl.
whole-wheat, plain or toasted	1⅓ sl.
Brownie	pc., 1½ × 1¼ × ¾ in.
Bun, cinnamon, with raisins	⅔ bun
Corn bread	⅔ pc, 2-in. sq.
Crackers graham	2½ crackers, 2½ × 2¾ in.
oyster	24 crackers, 1-in. diameter
saltines	6 crackers, 2-in. sq.
soda	4 crackers, 2¾ × 2½ in.
whole-wheat	4½ crackers, 2½ × 1¾ *in.*
Cruller	⅔ sm.
Danish pastry	⅔ sm.
Doughnut, yeast	⅔ sm., 3-in diameter
Griddle cakes, white	1½, 4-in. diameter
Melba toast	5 sl.
Roll. French, white Parker-*house*	1
Rye wafers	4 wafers, 3⅜ × 1⅞ in.
Waffle	⅓ waffle, 6-in diameter

CEREALS

Bran flakes	1 oz.
Bran, prepared	1 c.
Corn Flakes	1¼ c.

CEREALS (*Cont.*)

Corn meal, cooked	¾ c.
Farina, cooked	¾ c.
Grapenuts	2 T.
Macaroni and cheese	¼ c.
Macaroni with tomato sauce	½ c.
Oats, rolled	⅓ c.
Rice: puffed	2½ c.
white, steamed	¾ c.
Shredded Wheat	1 lg. biscuit
Spaghetti, plain, cooked	⅔ c
Wheat cereal, cooked	⅔ c.

DAIRY PRODUCTS

Butter, fortified margarine	1 T (1 pat, 1¼ × 1¼ × ¼ in.)
Buttermilk	1⅛ c.
Cheese. American Cheddar	1 oz (avg serving)
Camembert	¾ of one section
cottage	½ c.
cream	1 oz.
Roquefort or blue	pc., 1½ × 1¼ × ⅞ in.
Swiss	sl., 4½ × 3½ × ⅛ in.
Cream: heavy, whipped	2 T., unsweetened
light	3 T.
Egg	1 lg (avg. size, 70 cal.)
Eggs, scrambled	¼ c.
Ice cream, commercial	¼ c.
Milk (see beverages)	

DESSERTS

Angel cake	pc., 2 × 3 × 3 in.
Apple dumpling	⅓ med.
Apple pie	pc., 1½ in. at circumference
Apple snow	¾ c.
Blanc mange	¼ cup, scant

DESSERTS (*Cont.*)

Brown Betty	¼ c.
Cake, plain, iced	⅓ pc
Chocolate layer cake	¼ sm. sl.
Coffee cake	1½-in cube
Coffee jelly	1¼ c.
Cookies, sugar	2 cookies, 2¼-in diameter
Cottage pudding	sl., 1¾ × 2 × 2½ in.
Cup custard	⅓ c.
Custard, boiled	⅓ c, scant
Custard pie	pc., 2 in. at circumference
Fig bars, commercial	2 sm. pc.
Fruitcake	pc., 1⅞ × 1⅞ × ⅜ in.
Gelatin, lemon	½ c.
Gingerbread, sour milk	pc, 1 × 2 × 2 in.
Gingersnaps	5 sm.
Jello, plain	½ c.
Lemon meringue pie	pc, 1 in. at circumference
Macaroons	1 macaroon, 1½-in. diameter
Mince pie	pc, 1 in. at circumference
Molasses cookies	3 cookies, 2-in. diameter
Orange ice	⅓ c.
Pound cake	¾ sl.
Pudding, packaged	¼ c.
Rice pudding	⅓ c.
Sherbet. lemon	¼ c.
orange	½ c.
Snow pudding	⅔ c.
Tapioca, cream	½ c., scant

FRUITS

Apple: baked with 2 T. sugar	½ apple
raw	1 lg.
Applesauce: no sugar	1 c.
sweetened	⅓ c.

FRUITS (*Cont.*)

Apricots: canned in sirup	6 halves and 3 T. juice
dried	4 to 6 halves
Banana	1 sm
Blackberries, fresh	1 c. (50 berries)
Cantaloupe	1 melon, 5-in. diameter
Cherries, canned in sirup	½ c.
sweet, fresh	20 cherries
Cranberry sauce	2 T
Dates, dried	3 to 4
Figs, dried	2 med.
Fruit cocktail	⅓ c.
Grapefruit, canned in sirup	½ c., scant
Grapes, Malaga or Tokay	25 to 30
green seedless	60 avg
Lemons, fresh	2 med lg
Olives	8 to 12
Orange, whole	1 lg
Peaches: canned	2 lg halves and 3 T juice
dried	4 med. halves
fresh	2 med
Pears: canned	4 halves and 4 T juice
fresh	2 med
Pineapple: canned, unsweetened	2 sl., 2 T. juice
fresh	⅔ c
Plums, fresh	3 to 4 lg.
canned in sirup	2 med and 2 T juice
Prunes dried	3 to 4
stewed	3 med. and 2 T juice
Raisins	⅓ c seeded or 2⅓ T. seedless
Rhubarb, stewed, sweetened	½ c.
Strawberries, fresh	1⅓ c.
Tangerines	2 lg
Watermelon	¾-in sl., 6-in diameter

MEAT, FISH, POULTRY

Bacon, cooked	2 to 3 sl.
Beef: chopped steak, broiled	patty 2½-in. diameter, ⅞ in. thick
corned, boiled (with fat)	sl., 3 × 2 × ½ in.
dried	4 thin sl., 4 × 5 in.
loaf	med. sl. (2⅓ oz.)
rib, lean, roasted	sm. sl. (1⅓ oz.)
round, lean, pot roast	med. sl. (2⅓ oz.)
sirloin steak, lean	med. sl. (2 oz.)
stew with vegetables	½ c.
Bologna sausage	sl., 2⅛-in. diameter, ½ in. thick
Chicken: broiler	½ broiler
roast	sl., 4 × 2½ × ¼ in.
stewed	¼ breast or ½ thigh
Clams. long (soft-shell)	12 clams
round (hard-shell)	6 clams or ⅓ c.
Codfish, creamed	½ c.
Cod-liver oil	1 T.
Crab meat, canned	¾ c.
Duck, domestic	sl., 3½ × 3½ × ¼ in.
Frankfurters	1 sausage
Haddock, filet	1 serving, 3 × 3 × ¾ in.
Halibut steak, cooked	pc., 3 × 1¼ × 1 in.
Ham: boiled	sl., 5 × 5 × ⅛ in.
smoked, baked	sm. sl. (1 oz.)
Hash	¼ c., scant
Lamb: chop, lean only	1 rib, 2 × 1½ × ¾ in.
shoulder	1½ oz.
leg, roast	sl., 3½ × 4½ × ⅛ in.
Lard	1 T.
Liver, broiled	med. sl. (2 oz.)
Mackerel, Spanish, broiled	cross section 2½ in. on back
Mutton, leg, roast	sl., 3 × 3¾ × ⅛ in.
Oyster stew	⅓ c.

MEAT, FISH, POULTRY (*Cont*)

Oysters	½ c. or 5 med oysters
Perch, yellow, broiled	1 med. serving
Pork. chops, broiled, lean only	½ avg chop
sausages, cooked	1⅔ sausages, 3-in long, ¾-in diameter
spareribs	1⅔ oz.
Salami	⅔ oz.
Salmon, canned	½ c.
Sardines, canned	5 sardines, 3 in long
Scallops, fried	2 lg.
Shrimps, canned	25 shrimps or 1 c.
Smelts	2 fish, 6 in long
Sweetbreads, cooked	½ c
Trout, brook	pc, 3 × 3 × 1 in
Tuna fish, canned	⅓ c
Turkey	sl, 4 × 2½ × ¼ in.
Veal: cutlet, not breaded	1 avg
leg, roast	sl, 3 × 2 × ¾ in.
Whitefish, steamed	pc, 3¾ × 2¼ × ¾ in.

NUTS

Almonds salted	12 to 15
chocolate	5 med
Cashew	8½ med.
Hickory nuts	12 to 15
Peanuts, roasted	17 (no skins)
Peanut butter	1 T, scant
Pecans	10 halves
Walnuts, black	8 to 10 halves

SALADS with 2 lettuce leaves

Chicken with celery	2 heaping T.
Fruit, mixed, canned	1½ heaping T.
mixed, fresh	2 heaping T

DESSERTS (*Cont.*)

Brown Betty	¼ c.
Cake, plain, iced	⅓ pc.
Chocolate layer cake	¼ sm. sl.
Coffee cake	1½-in cube
Coffee jelly	1¼ c.
Cookies, sugar	2 cookies, 2¼-in. diameter
Cottage pudding	sl., 1¾ × 2 × 2½ in.
Cup custard	⅓ c.
Custard, boiled	⅓ c., scant
Custard pie	pc., 2 in. at circumference
Fig bars, commercial	2 sm. pc.
Fruitcake	pc., 1⅞ × 1⅞ × ⅜ in.
Gelatin, lemon	½ c.
Gingerbread, sour milk	pc., 1 × 2 × 2 in.
Gingersnaps	5 sm.
Jello, plain	½ c.
Lemon meringue pie	pc., 1 in. at circumference
Macaroons	1 macaroon, 1½ in. diameter
Mince pie	pc., 1 in. at circumference
Molasses cookies	3 cookies, 2-in. diameter
Orange ice	⅓ c.
Pound cake	¾ sl.
Pudding, packaged	¼ c.
Rice pudding	⅓ c.
Sherbet: lemon	¼ c.
orange	½ c.
Snow pudding	⅔ c.
Tapioca, cream	½ c., scant

FRUITS

Apple: baked with 2 T. sugar	½ apple
raw	1 lg.
Applesauce: no sugar	1 c.
sweetened	⅓ c.

FRUITS (*Cont*)

Apricots canned in sirup	6 halves and 3 T. juice
dried	4 to 6 halves
Banana	1 sm
Blackberries, fresh	1 c (50 berries)
Cantaloupe	1 melon, 5 in diameter
Cherries canned in sirup	½ c
sweet, fresh	20 cherries
Cranberry sauce	2 T
Dates dried	3 to 4
Figs, dried	2 med
Fruit cocktail	⅓ c
Grapefruit canned in sirup	½ c, scant
Grapes Malaga or Tokay	25 to 30
green seedless	60 avg
Lemons, fresh	2 med lg
Olives	8 to 12
Oranges, whole	1 lg
Peaches canned	2 lg halves and 3 T juice
dried	4 med halves
fresh	2 med
Pears canned	4 halves and 4 T juice
fresh	2 med
Pineapple canned, unsweetened	2 sl, 2 T juice
fresh	⅔ c
Plums, fresh	3 to 4 lg
canned in sirup	2 med and 2 T juice
Prunes dried	3 to 4
stewed	3 med and 2 T juice
Raisins	⅓ c seeded or 2⅓ T seedless
Rhubarb stewed sweetened	½ c
Strawberries, fresh	1⅓ c
Tangerines	2 lg
Watermelon	¾-in sl, 6-in diameter

100-CALORIE PORTIONS

MEAT, FISH, POULTRY

Bacon, cooked	2 to 3 sl.
Beef, chopped steak, broiled	patty 2½-in. diameter, ⅞ in. thick
corned, boiled (with fat)	sl., 3 × 2 × ½ in.
dried	4 thin sl., 4 × 5 in.
loaf	med. sl. (2⅓ oz.)
rib, lean, roasted	sm. sl. (1⅔ oz.)
round, lean, pot roast	med sl. (2⅓ oz.)
sirloin steak, lean	med. sl. (2 oz.)
stew with vegetables	½ c.
Bologna sausage	sl., 2⅛-in. diameter, ½ in. thick
Chicken, broiler	½ broiler
roast	sl., 4 × 2½ × ¼ in.
stewed	¼ breast or ½ thigh
Clams: long (soft-shell)	12 clams
round (hard-shell)	6 clams or ⅓ c.
Codfish, creamed	½ c.
Cod-liver oil	1 T.
Crab meat, canned	¾ c.
Duck, domestic	sl., 3½ × 3½ × ¼ in.
Frankfurters	1 sausage
Haddock, filet	1 serving, 3 × 3 × ¾ in.
Halibut steak, cooked	pc., 3 × 1¼ × 1 in.
Ham boiled	sl., 5 × 5 × ⅛ in.
smoked, baked	sm. sl. (1 oz.)
Hash	¼ c., scant
Lamb, chop, lean only	1 rib, 2 × 1½ × ¾ in.
shoulder	1½ oz.
leg, roast	sl., 3½ × 4½ × ⅛ in.
Lard	1 T.
Liver, broiled	med. sl. (2 oz.)
Mackerel, Spanish, broiled	cross section 2½ in. on back
Mutton, leg, roast	sl., 3 × 3¾ × ⅛ in.
Oyster stew	⅓ c.

MEAT, FISH, POULTRY (*Cont.*)

Oysters	½ c. or 5 med. oysters
Perch, yellow, broiled	1 med. serving
Pork: chops, broiled, lean only	½ avg chop
sausages, cooked	1⅔ sausages, 3-in long, ¾-in diameter
spareribs	1⅔ oz.
Salami	⅔ oz
Salmon, canned	½ c.
Sardines, canned	5 sardines, 3 in long
Scallops, fried	2 lg
Shrimps, canned	25 shrimps or 1 c.
Smelts	2 fish, 6 in. long
Sweetbreads, cooked	½ c
Trout, brook	pc., 3 × 3 × 1 in
Tuna fish, canned	⅓ c.
Turkey	sl, 4 × 2½ × ¼ in
Veal. cutlet, not breaded	1 avg
leg, roast	sl, 3 × 2 × ¾ in.
Whitefish, steamed	pc., 3¾ × 2¼ × ¾ in.

NUTS

Almonds: salted	12 to 15
chocolate	5 med
Cashew	8½ med.
Hickory nuts	12 to 15
Peanuts, roasted	17 (no skins)
Peanut butter	1 T, scant
Pecans	10 halves
Walnuts, black	8 to 10 halves

…DS with 2 lettuce leaves

…icken with celery	2 heaping T.
…ut: mixed, canned	1½ heaping T.
…ixed, fresh	2 heaping T.

SALADS (*Cont.*)

Gelatin with fruit	*sq., 1⅔ in.*
Potato with mayonnaise, no celery	¼ c., scant
Waldorf with mayonnaise	¼ c., scant

SALAD DRESSINGS

Corn oil	1 T.
French (made with salad oil)	1½ T.
Mayonnaise	1 T.
Olive oil	1 T.
Russian dressing	1 T.

SOUPS

Asparagus: cream of	⅓ c., scant
fresh	¾ c.
Bean	½ c.
Beef broth	4 c.
Bouillon cubes	8 cubes
Celery, cream of	½ c., scant
Clam chowder	⅓ c.
Consommé	4 c.
Corn chowder	⅓ c.
Corn, cream of	⅓ c.
Pea: green, cream of	⅓ c., scant
split	¾ c., scant
Potato	⅓ c.
Spinach, cream of	⅓ c.
Tomato: clear	1 c.
cream of	⅓ c.
Vegetable	*1 c., scant*

SUGARS, CANDIES, AND CONDIMENTS

Assorted jams, commercial	1¾ T.
Bar candies, caramel nut	⅔ oz.

SUGARS, CANDIES, AND CONDIMENTS (*Cont.*)

Caramels, plain	2 med.
Chocolate: creams	2 med.
mints	3 mints, 1-in diameter
fudge	1-in cube
Chocolate sauce, thick	1 T.
Hard sauce	1 T.
Honey	1 T.
Maple sirup	1½ T.
Marmalade, orange	1½ T.
Molasses	1½ T.
Peanut brittle	pc, 2½ × 1¼ × ⅜ in.
Pickles, sweet	8 sm.
Sugar: brown	3 T.
confectioners	2¾ T.
granulated	2 T.
lump	4 pc, 1⅛ × ¾ × ⅜ in.
Tomato catsup	5 T.
White sauce, medium	¼ c.

VEGETABLES

Asparagus, fresh, canned, frozen	48 stalks, 5 in long
Beans: baked, canned	⅓ c
lima, fresh or canned or frozen	½ c.
string	2⅓ c. of 1-in pc.
Beet greens, cooked	1½ c.
Beets, fresh	4 beets, 2-in. diameter (1 c. diced)
Broccoli	3 stalks, 5½ in long, 1½ in stem
Brussels sprouts	13 avg
Cabbage, cooked	3½ c. chopped (4–5 c, shredded)
Carrots, fresh	4–5 young carrots (3 to 4 in. long)

VEGETABLES (*Cont.*)

Cauliflower	sm. head, 4½-in. diameter
Celery	4 c. of ¼ in. pc.
Coleslaw with cream dressing	½ c.
Corn: fresh, cut from cob	½ c.
fresh, on cob	2 ears, 6 in. long
Cucumbers	3 cucumbers, 7½ in. long
Escarole	2 lg. heads
Kale, cooked	1½ c., generous
Lettuce	2 lg heads
Okra	25 to 30 pods
Onions:	3 to 4 med.
creamed	⅓ c.
Parsnips	1 med.
Peas: canned, drained	1 c.
fresh, shelled	½ c., scant
Peppers, green	5 peppers, 3½ in. long
Potato chips	8 to 10 lg. pc.
Potatoes: escalloped	⅓ c.
mashed	½ c.
peeled, steamed	1 sm.
sweet	½ med.
sweet, glazed	½ sm.
white, baked	1 med.
Rutabagas, steamed, mashed	1 c.
Sauerkraut	2½ c.
Spinach, cooked and chopped	2½ c.
Squash: Hubbard, cooked	pc., 2 × 4 × 1¼ in.
summer	⅔ squash, 5-in. diameter
Succotash, canned	⅓ c.
Tomatoes: canned	2 c.
escalloped	⅔ c.
fresh	3 med.
Turnip greens, cooked	1½ c.
Turnips	2 c. (½-in. cubes) or 4 med.

APPENDIX C

Foods with High Fat Content —Avoid These!

Avocado
Bacon
Bone marrow
Butter
Catfish
Caviar
Cheese, whole-milk
Chocolate
Cocoa
Cookies
Cream
Creamed foods
Egg yolk
Fatty meats
Fried foods
Goose
Ice cream
Lard
Mackerel, salt
Margarine
Meats, except very lean
Nut butters or pastes
Nuts, except litchi nuts and chestnuts
Oils, except mineral oil
Olives
Pastry
Pork products
Potato chips
Salad dressings
Sardines in oil
Sausages
Sautéed foods
Squab
Suet
Turkey
Whipped cream
Whole-milk powder

APPENDIX D

Additional 800-calorie Menus

The skim milk may be used at breakfast when cereal is substituted for bread or in tea and coffee throughout the day.

BREAKFAST Orange juice, ½ glass
Toast, 1 slice, no butter
Skim milk, ½ cup
Egg, 1
Coffee or tea

LUNCH Broiled lobster, chili sauce
Cottage cheese
Asparagus
Sliced tomato stuffed with 1 oz cubed celery
Applesauce
Coffee or tea

DINNER Minute steak, 3 oz
Stewed tomato
Lettuce hearts, 2 slices tomato, cucumber
Coffee or tea

BREAKFAST Grapefruit sections
Toast, 1 slice, no butter
Egg, 1, scrambled in double boiler
Skim milk, ½ cup
Coffee or tea

LUNCH Cold vegetable plate
Cottage cheese, 3 oz.
Sliced tomato and lettuce hearts
Celery hearts
Baked squash
Pear sauce (canned without sugar)
Coffee or tea

DINNER Roast duckling, 3 oz.
Cranberry relish
Brussels sprouts
Combination salad with lettuce, cucumber, green pepper
Fresh fruit or dietetic canned fruit
Coffee or tea

BREAKFAST Grapefruit, ½
Toast, 1 slice, no butter
Skim milk, ½ cup
Egg, 1, baked
Coffee or tea

LUNCH Jellied consommé, with lemon
Tenderloin steak, 3 oz.
Cabbage
Head lettuce and tomato salad
Orange sections
Coffee or tea

DINNER Chicken livers, 3 oz.
Tomato, sliced
Wax beans
Cottage cheese, 2 oz.
Applesauce, dietetic
Coffee or tea

BREAKFAST Orange juice, ½ glass
Egg, 1

Skim milk, ½ cup
Toast, 1 slice, no butter
Coffee or tea

LUNCH Veal steak, 3 oz
Cauliflower
Lettuce, sliced tomato, asparagus tips
Applesauce
Coffee or tea

DINNER Roast tenderloin, 3 oz.
Spinach
Stuffed tomato salad, consisting of tomato, cubed celery, cubed apple
Fresh berries
Coffee or tea

BREAKFAST Fresh strawberries
Toast, 1 slice, no butter
Skim milk, ½ cup
Egg, 1, poached
Coffee or tea

LUNCH Chicken broth with celery hearts
Liver, broiled, 3 oz.
String beans, fresh
Raw cabbage and carrot salad with mineral oil mayonnaise
Orange and pineapple ice
Coffee or tea

DINNER Tuna fish salad consisting of
Tuna fish
Egg, 1, white
Celery, dill pickle, tomato
Summer squash
Fresh peach
Coffee or tea

BREAKFAST Cantaloupe, ½
Toast, 1 slice, no butter
Egg, 1, soft-cooked
Coffee or tea, with skim milk

LUNCH Veal salad consisting of tomato stuffed with diced veal (3 oz), celery, pimento, dill pickle on lettuce
Coffee or tea

DINNER Fresh pike, 3 oz
Green beans
Waldorf salad of cubed apple, cubed celery
Apricot sauce, canned without sugar
Coffee or tea

BREAKFAST Pear sauce, canned without sugar
Toast, 1 slice, no butter
Egg, 1
Coffee or tea with skim milk

LUNCH Stuffed green pepper consisting of
Green pepper
Ground beef, 3 oz
Lettuce hearts and grapefruit sections with lemon juice
Wax beans
Apricot sauce, canned without sugar
Coffee or tea

DINNER Stuffed tomato salad consisting of
Whole tomato
Chicken, 3 oz.
Diced celery
1 olive, 1 dill pickle
Fresh asparagus
Applesauce
Coffee or tea

BREAKFAST Orange sections
1 portion cereal
Skim milk, ½ glass
Coffee or tea

LUNCH New England boiled dinner of
Ground beef, 3 oz.
Carrots, onions, cabbage
Pineapple sauce, canned without sugar
Coffee or tea

DINNER Lean baked ham, 3 oz.
Squash, baked
Lettuce and tomatoes
Grapefruit sections
Coffee or tea

BREAKFAST Orange juice, ½ glass
Egg, 1, soft-cooked
Skim milk, ½ cup
Toast, 1 slice, no butter
Coffee or tea

LUNCH Breast of chicken, 3 oz.
Fresh cauliflower
Tomato and cucumber salad
Strawberry ice consisting of
Strawberry juice, ½ glass
Egg white, 1
Gelatin
Saccharine and vanilla
Coffee or tea

DINNER Cold iced salmon, 3 oz., with lemon sauce
Fresh asparagus
Lettuce hearts and radishes
Pineapple
Coffee or tea

BREAKFAST Grapefruit, ½
Egg, 1, fried
Toast, 1 slice, no butter
Skim milk, ½ cup
Coffee or tea

LUNCH Roast veal, 3 oz.
Cauliflower
Tomato
Fresh pineapple
Coffee or tea

DINNER Broiled steak, 3 oz.
Fresh mushrooms
Celery, stewed
Head lettuce, cucumbers
Fresh strawberries
Coffee or tea

BREAKFAST Grapefruit sections
Toast, 1 slice, no butter
Skim milk, ½ cup
Egg, 1
Coffee or tea

LUNCH Salisbury steak, consisting of
Steak, 3 oz.
Onions
Tomato
Steamed cabbage
Head lettuce
Strawberries, ½ cup
Coffee or tea

DINNER Veal steak, 3 oz
String beans, fresh green
Tomato and cucumber salad
Cantaloupe, ½
Coffee or tea

About the Authors

Dr Herbert Pollack is a leading authority in the field of nutrition. He has contributed numerous articles to technical journals and has written extensively on diet for the *Woman's Home Companion*. Dr. Pollack serves as medical consultant on food and nutrition for the office of the Surgeon General, and for several years has been associated with Mount Sinai Hospital. He has been in private practice in New York since 1934.

Arthur D Morse has won four national journalism awards for his articles in leading magazines He is a free-lance writer and lives in Stamford, Connecticut.